

Recovery Weekly Menu

What are the benefits of recovery?

More and more people are turning to effective recovery methods, recognising their benefits for both mental health and physical well-being. Those who incorporate a recovery strategy into their weekly routine often report improvements in daily energy, better sleep, increased relaxation, and an overall greater enjoyment of life.

When most people think of recovery, they envision rest days to recoup after a gruelling workout or a few intense hours of work. While it's true that your body needs rest after this, the type of rest you give it is crucial. For instance, lounging in front of the TV isn't an effective form of recovery because it still stimulates the brain and nervous system. Instead, try sitting outside on the ground, free from technological distractions. This simple swap can truly replenish and restore your body.

Below, you'll find a list of recovery techniques that offer higher value than others, providing more benefits for your effort. Aim to reach 100 points each week by balancing these methods. Some days you might have less time, and others more—use this chart to find the best rhythm for you and strive to make it a consistent part of your life.

To read the research below on the different techniques visit the links below

Grounding: sitting on the ground outdoors

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4378297/>

Recovery Type Chart: Aim to do at least one from each category each day

Sleep Recovery	Points per Session
8 hours plus per night	4 points (most bang for buck)
Darkened room no technology 1 hour before bed.	2 points
Power nap 30-45 minutes after lunch	2 points

Nutrition/Hydration	Points per Session
2L Filtered water a day (not including training hydration)	4 points (most bang for buck)
Completing last meal by 6pm (Fasting from this point until breakfast)	3 points
Eating whole foods not processed	2 points

Hydrotherapy	Points per Session
Ice bath (not on heavy training days)	2 points
Infrared Sauna	2 points
Magnesium bath	2 points

Active Recovery	Points per Session
Massage	2 points
Recovery boots/sleeves	2 points
Activation/mobility set	3 points
Functional session	3 points

Self Interest	Points per Session
Sitting outside on the grass 30 minutes plus (no shoes no phone)	4 points (most bang for buck)
Reading a book for 30 minutes	1 points
Meditating	3 points

