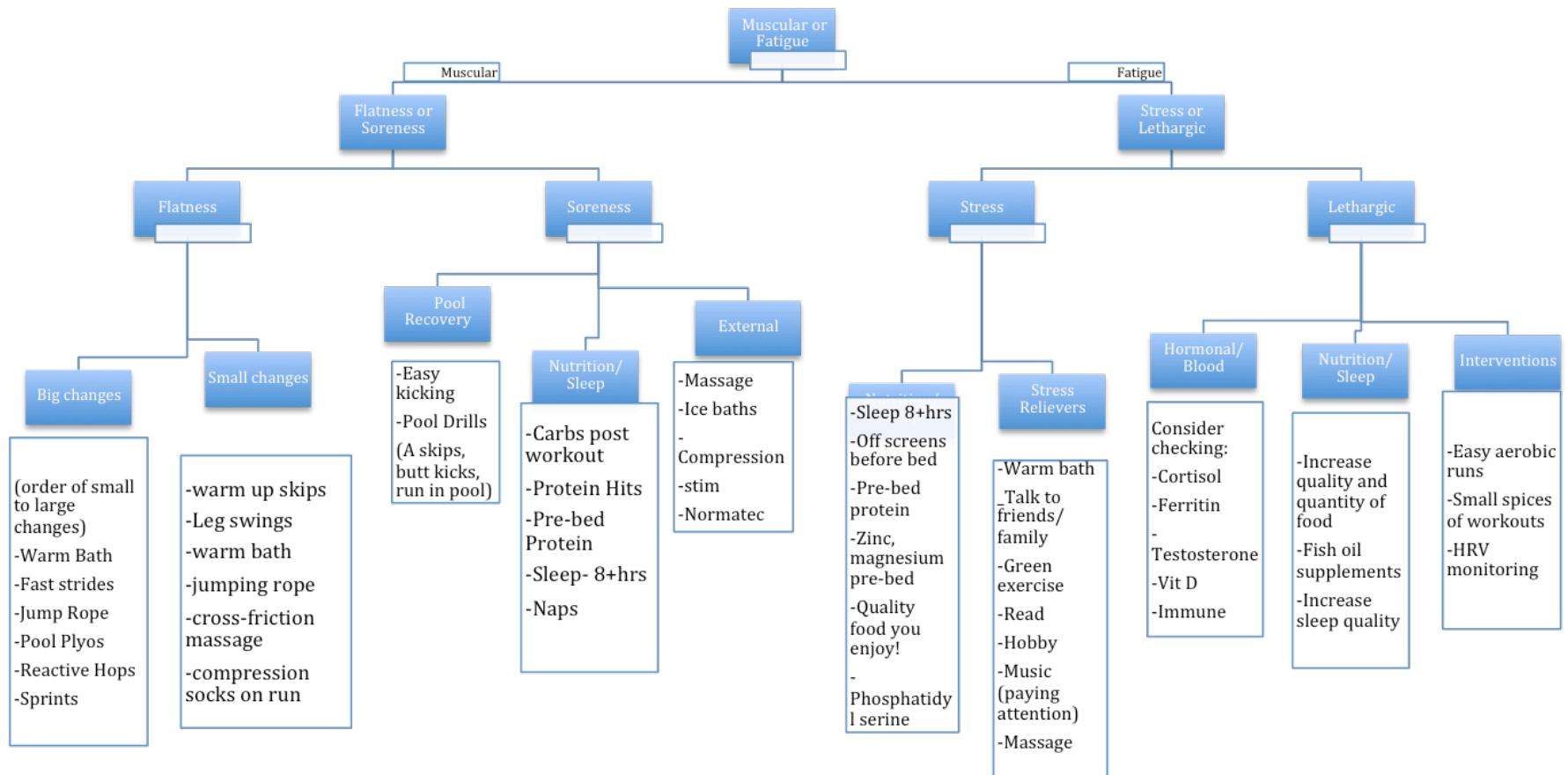


# The Recovery Cheat Sheet

Steve Magness



**Recovery State:**

- Flatness (order from small changes to Big)
  - Big- (REALLY FLAT OR fast twitch orientated athlete)
    - Warm bath- 10-15min
    - Fast strides
    - Fast strides in spikes
    - 5min of jump rope
    - Explosive push exercise
    - Pool plyos/power
      - 5-10 Hops in the pool
      - 3-5 Squat jumps in pool
      - 3-5 Hard pushes off wall
    - Reactive Hops (smallest to biggest changes- choose 1-2)
      - “quick” feet step through
      - 5 to10 short hop plyos
      - 2-5 big hop plyos
      - bounds
    - Sprint uphill (must be adapted...)
  - Small-
    - 1-3min of jumping Rope
    - Warm up Skips
      - Skips and arm swing combo
      - A skips
      - Skips for height
    - Leg swing protocol
    - Warm bath-5-10min
    - Cross-Friction “lifting” massage
    - Short run on hard surface
    - Compression socks on run

**Soreness Protocol**

- Pool Recovery Program
  - 3min of easy kicking/cycling of legs
  - Pool Drills
    - Leg swings
    - Easy skips
    - A skips
    - Butt kicks
    - Run in pool
  - 3min of easy kicking/cycling legs

- Nutrition
  - Carbs post workout
  - Protein- 5+ hits a day protocol (10-15g+ spread throughout the day)
  - Before Sleep- Protein binge (25g+) right before sleep
- Sleep
  - 8+ hours, naps!
- Massage
- Ice Bath
  - Make it tolerable.
  - Remember not to overuse/periodize. Save when you need it.
- Compression
- Normatec
- Stim
  - Use on calf to create calf-pump
  - Use lightly on sore muscles/areas
- Isolated soreness/feeling of muscle inhibition
  - Short isometric holds of that muscle post workout (four to five- 10-20sec holds with equal rest)
  
- **Stress Profile**
  - Sleep!
    - Daily nap
    - Protein before bed
  - Warm Bath
    - Decreases cortisol
  - Quality Food/Meal
    - Nutritious but also something YOU enjoy
  - Talk to friends and family (that you like!)
    - Oxytocin release—shifts stress response
  - Green exercise
    - Go for a short walk outside (15-20min)
      - Allow mind to wander (shifts stress response)
    - Sit outside and read
    - Do your shakeout run somewhere new and nice
  - Exercise
  - Read
  - Listen to music where focus is on listening to music...
  - Relaxing massage
  - Doing a creative hobby

- What NOT to do
  - Veg out completely
  - Boredom
  - Make lots of decisions
- **Lethargic Profile**
  - Consider blood work (Cortisol, ferritin, thyroid hormones, testosterone, Vitamin D, immune system markers)
  - Sleep!
    - Protein before bed (25-30grams right before sleep)
  - Nutrition
    - Increase quality of food and quantity
    - Fish oil supplements
    - Protein!
    - Immune system stuff
      - Probiotics → influence gut microbiome
    - Vitamin D- check-
  - Interventions
    - Easy aerobic recovery runs
    - Small spices of enjoyable workouts
    - Add in easy surges (30sec) into normal run
  - Reset NS
    - Ice Bath plunge/ Cold shower “shock” with focus on deep controlled breathing
      - Trying to take control of autonomic Nervous System
  - Hormonal Priming
    - Power poses before/after runs (increase Testosterone output temporarily)

### **Normal Post workout guidelines**

- Return to normal-
  - Standard
    - Easy running
  - A little bit more
    - Easy running followed by:
      - 6-8x100m easy stride (5k-10k pace) with short jog/turn-around rest
      - Dynamic flexibility work
- After longer/tempo work IF need to preserve some “pop” for next few days
  - Finish with easy reactive work
    - 2-3x 30sec jump rope
    - and/Or set of ballistic drills (more intense skips) OR 4-6x moderate plyos
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- Nutrition
  - Post hard workout- carb+protein mix quickly after
  - If tendon issues-
    - gelatin after doing finishing with some work on that tendon (i.e. for Achilles- take gelatin then easy calf raises)
- Trouble area
  - If you have particular muscle/area that needs to recover:
    - Isometric holds- Short isometric holds of that muscle post workout (four to five- 10-20sec holds with equal rest)
      - Prevents an inhibition/protection response (essentially- tells your brain- this muscle is okay...)
- Social/Shift out of workout state
  - Social recovery is huge- shifts out of fight/flight mode- chat on cool down, talk to friends, whatever.
    - This can shift Testosterone response
  - Use social recovery OR some activity for 20-30min post workout that takes you out of stress state. Even performing routine activities which you can do without thinking(dishes, laundry, etc.) can help do this.
- Enhanced/need to bounce back quick
  - Pool drills/ splash around in the pool.
- What NOT to do:
  - Avoid within hours after a HARD workout unless you really need it:
    - Ice baths
    - Antioxidants
    - Anti-inflammatory pills
    - Iron supplements (won't absorb well for 4hrs or so post hard workout)

**For more information check out:**

**[The School of Coaching](#)**

**[The Science of Running Book](#)**