Recovery

Dr. George Sheehan quote "We are each an experiment of one" You are the scientist!

Consider Recovery & training principle as an equation -

Exercise (stress) + recovery = increase in fitness through Adaptation to the stress.

Your body had adapted perfectly to what you had been doing up to this point. And, your body is basically lazy, it will tell your mind you are tired & should rest, it will store energy as fat whenever possible, and it never gets any fitter than it needs to be. For us to make our bodies change we need to manipulate this equation.
In the clinic we are doing this with a training plan – as long as it is progressive, within your abilities, and you do the work it will work!
Breaking down the equation -

Exercise – a stress your body is not currently used to. Result of the stress – fatigue, micro tears to muscle fibers, depleted glycogen stores, cardio has been challenged
Key point - You are weaker following a workout

Recovery – everything your body needs to get ready to do it again – good nutrition, hydration, rest, mental & physical, might include physio, massage, supplements etc
Everything following your work out should be geared towards getting ready for the next workout.

Key point - THE IMPROVEMENT TO YOUR FITNESS LEVEL DOES NOT OCCUR DURING THE WORKOUT, BUT DURING THE RECOVERY, WHEN THE ADAPTAION IS TAKING PLACE.

If done correctly (regular progressive workouts within your ability) the result is an increase in fitness. Your body adapts, rebuilds to become stronger.

Key point – Timing is important, interrupting the recovery process is counter productive (exercising too frequently. So is making the exercise/stress part of the equation too hard, you will end up injured.
On the other hand making the workouts too easy or too far apart do not work because fitness is lost or the gains achieved drift down again.

There is a huge amount of variation between us all & you need to learn what YOUR body can handle. Remember you are the scientist & life is the experiment!

Happy training ☺