



Recovery Guidelines

Training/ Nutrition/ Sleep: Needs to be REPEATABLE + SUSTAINABLE = CONSISTENCY

Every athlete is different, it's a moving target as athlete develops and changes.

Three Pillars to Recovery

- Managing training stress load and overall life stress load
- Nutrition
- Sleep

Tracking Recovery

Morning resting heart rate:

Overall difficulty for the training (Rating of 1-10....1 nothing.....5 easy, 7 moderate, 10 very difficult):

Overall life stress (Rating of 1-10....1 nothing.....5 easy, 7 moderate, 10 very difficult):

Ability to complete the week as planned:

How well did you do in the following areas? (Rating of 1-10.....1 non-existent..... 5 poor, 7 moderate, 10 awesome)

Sleep quality:

Nutrition:

Hydration:

Muscle Soreness:

Injury/Illness:

Life Management (i.e. School/work/family stress):

Stretching/ Massage/ Body work care:

Fatigue level:

Willingness to train and execute sessions:

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