



Week 7

Agenda

- **Section 1: Announcements**
- **Section 2: MetCon Program Review**
- **Section 3: Variable Recovery**
- **Section 4: Questions**



Community Workouts

- **LPR/LAR Recovery Session March 27th
2pmPST**
- **4Q Movement Strength April 10th 2pmPST**
- **4Q Recovery Session April 17th 6amPST**



Tequila and Coffee

- **March 19th @ 5pmPST**
- **Link in Curriculum and we'll send out an Email**



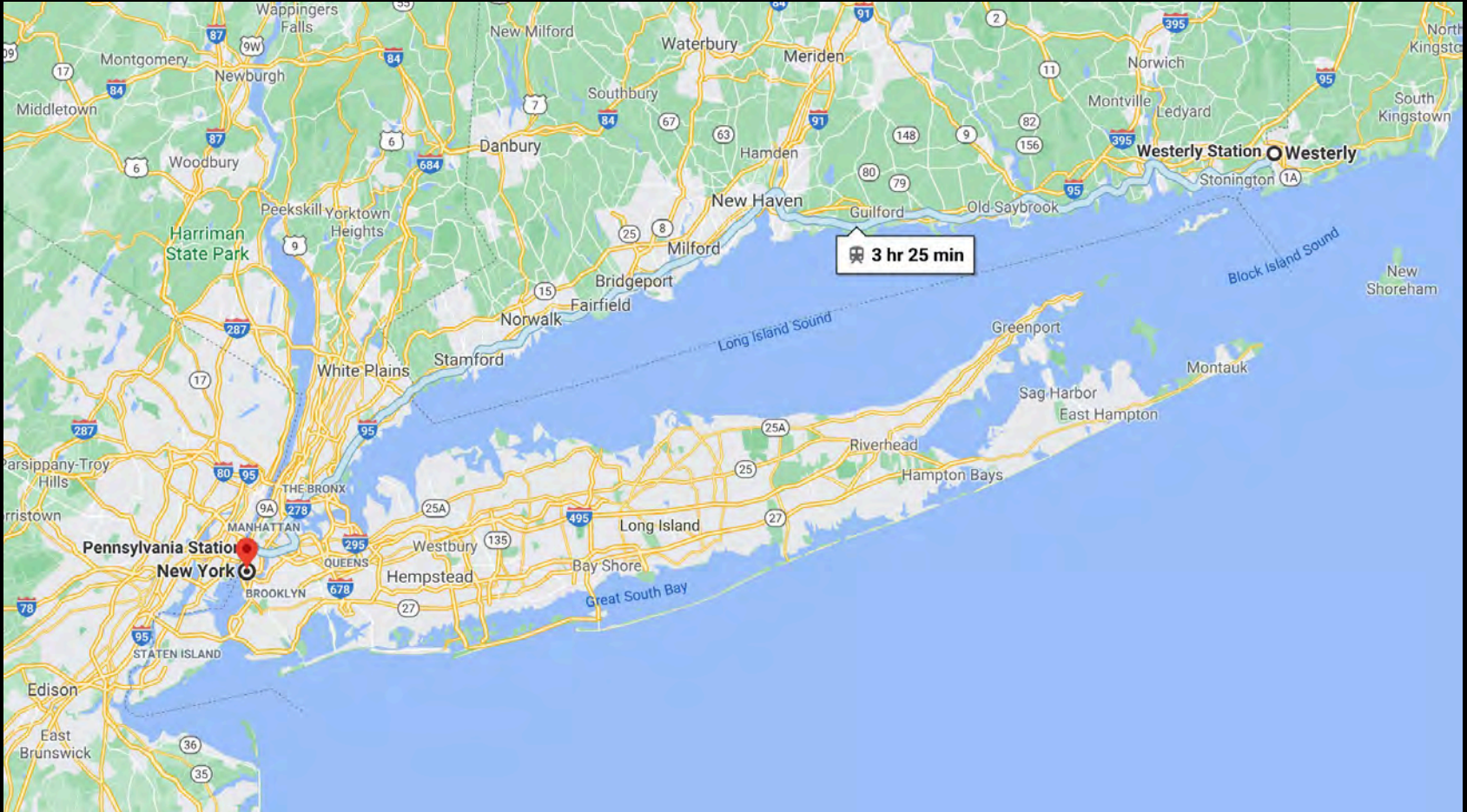
4Q

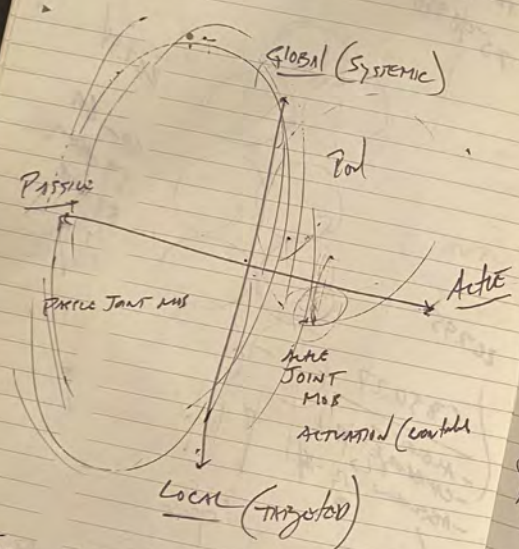
RECOVERY

4Q...The Origin



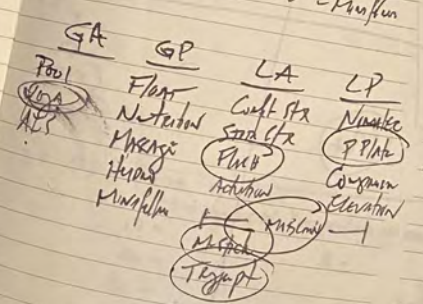
5/18/2017





- Fixtures -
- Scares -
- Receptor -
- programming - Reengineering
- Cost -
- Norm of Influence.

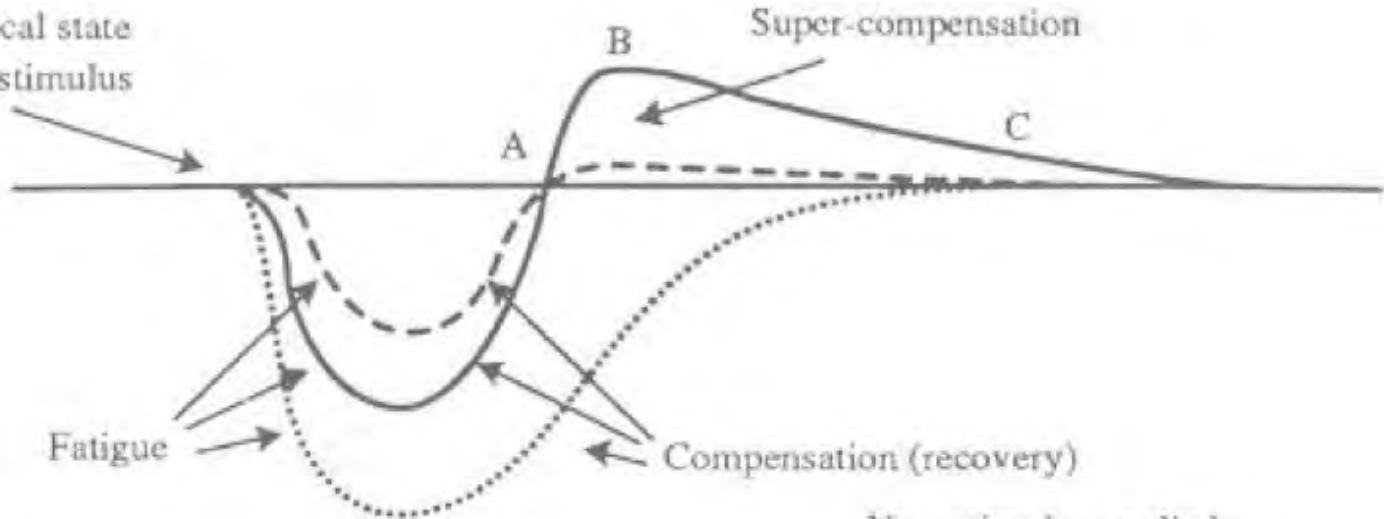
- Roll Plate
- Groove
- Extern
- Pool
- Hydr
- Compression
- Power Plate
- AZS
- Static Socky
- Elevation
- Numbec
- Trigger Point
- Massage sticks
- Yoga
- Actrak
- Mobilizer
- Fused
- Knifun



- Recovery has been a bit of a guessing game...
- Imagine guessing this much with anything else?...

- Recovery is a Rx
 - What is/are the type/types of fatigue present?
 - What countermeasures can be deployed to off-set said fatigue?
 - What's the upside if I do, what's the downside if I don't?

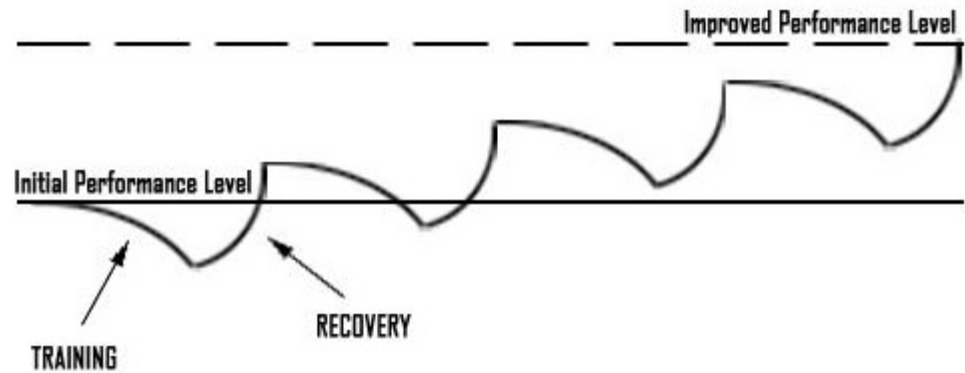
Biological state
Before stimulus



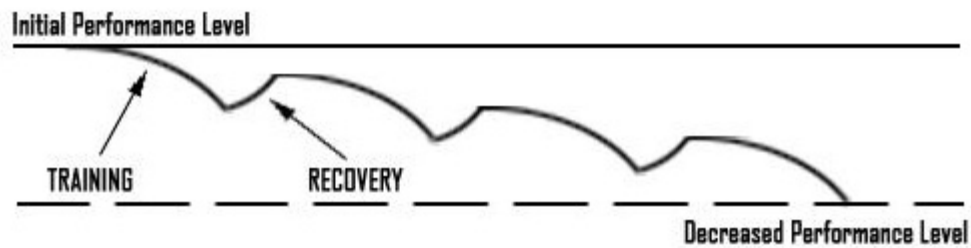
- training too easy
- training adequate
- training too hard

New stimulus applied:
A - too early
B - on time
C - too late

TRAINING WITH ADEQUATE REST & RECOVERY



TRAINING WITHOUT ADEQUATE REST & RECOVERY



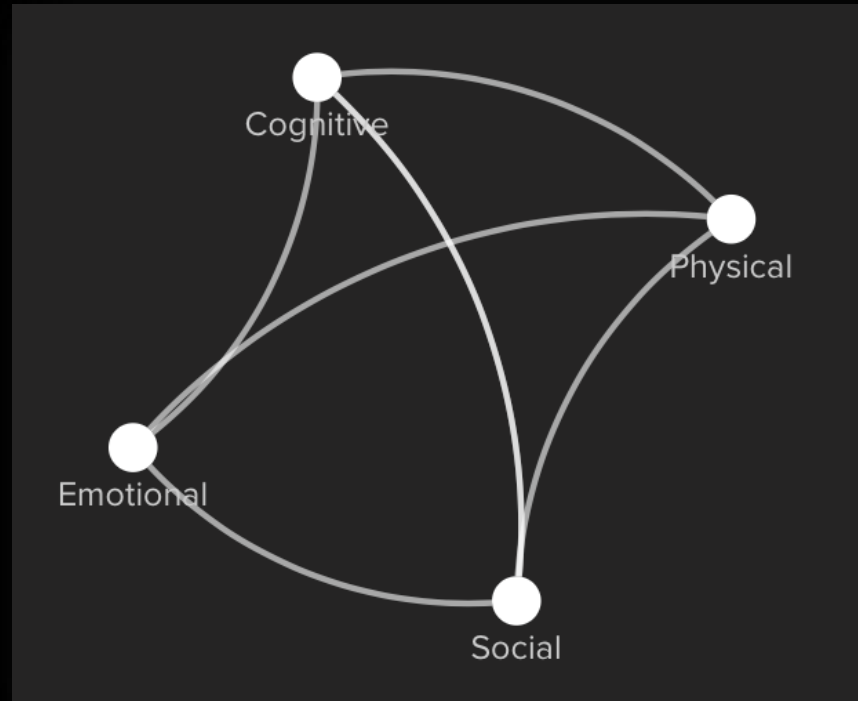
Recovery must be considered/optimized in all 4 domains of human performance!

Physical

Cognitive

Emotional

Social



Variable...

Sometimes recovery in the
other domains is what's needed.