

WEEK FIVE:

REST + RECOVERY



Welcome to week **FIVE** of cbPT weekly learning modules.

The most important days of your training plan are your rest days- crazy i know! If you have a regular exercise habit week to week, you may understand how anxious, jitsy and guilty you can feel when you have rest days. If you aren't being coached by a trainer maybe you aren't actually taking rest days? Maybe you are still building your exercise habit, so this idea of rejecting rest seems really crazy to you. If you are in the 'newbie' boat this module is super important as you have the ability to get it entrenched quickly, as it's really hard to insert rest days if you aren't used to them. This week I want to try and explain the physiological reasons why on a muscular + metabolic level that you need rest, and also how you can check if your weekly training regime is set out appropriately.

So why are rest days so crucial to your training week or plan?

1

RESTOCK MUSCLE GLYCOGEN STORES



Ensure you have enough energy stored in your muscle to use for high intensity / prolonged activity.

2

ALLOW MUSCLE FIBERS TO REGENERATE + REPAIR



Resistance training especially causes micro damage to muscle fibers. They need fuel and time to replenish and regenerate.

3

MINIMISE FATIGUE



Reduce the risk of decreased performance and exercise quality.

4

REDUCE RISK OF OVER TRAINING SYNDROME (OTS) / INJURIES



Repetitively overloaded soft tissue/ muscle will lead to degeneration, poor symmetry and increased risk of OTS and injury.

5

AVOID MENTAL BURNOUT



Reduce the risk of decreased motivation and drive.

6

RESTOCK METABOLIC ENZYMES NEEDED FOR PERFORMANCE + CELLULAR REPAIR



There are many amino acids, glucose and lipids your metabolic pathways need to function at full capacity,

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MONDAY TASK: Please write out a 'normal' 2 weeks of exercise for you. Be specific about exactly what you do on each day eg arms: back + biceps/ HIIT full body session, 8 km moderate intensity run.

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1							
WEEK 2							

Exercise prescription 'rules': These rules aren't always concrete and will differ between ability of athletes. But, for those training for fitness and health, and no specific goal they are very good to follow to ensure your training load is appropriate, and allowing for the best adaptation.

1. 48 hours between weight sessions that target the 'same' area. Eg if you did full upper body weights on a Monday you shouldn't repeat this again until at Wednesday.
2. Resistance sessions and cardio based sessions should be done 12 hours apart if on the same day.
3. 2 rest days a week are recommended-ideally not back to back.
4. Common sense prescription eg. if running is your main goal don't set a heavy legs day before a big run day. Flip them!
5. If you have 2-3 heavy weeks of training eg. lots of running kms, or gym work, inserting a lighter week with non weight bearing cardio eg. swimming/ biking/ walking+ flexibility is a smart idea.
6. Don't ignore flexibility and mobility work. Incorporate into your total session time or designate this to your 2 rest days.

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MONDAY TASK: Please re-write out a new 2 weeks of exercise for you, rescheduling your workouts to better fit within the rules above.

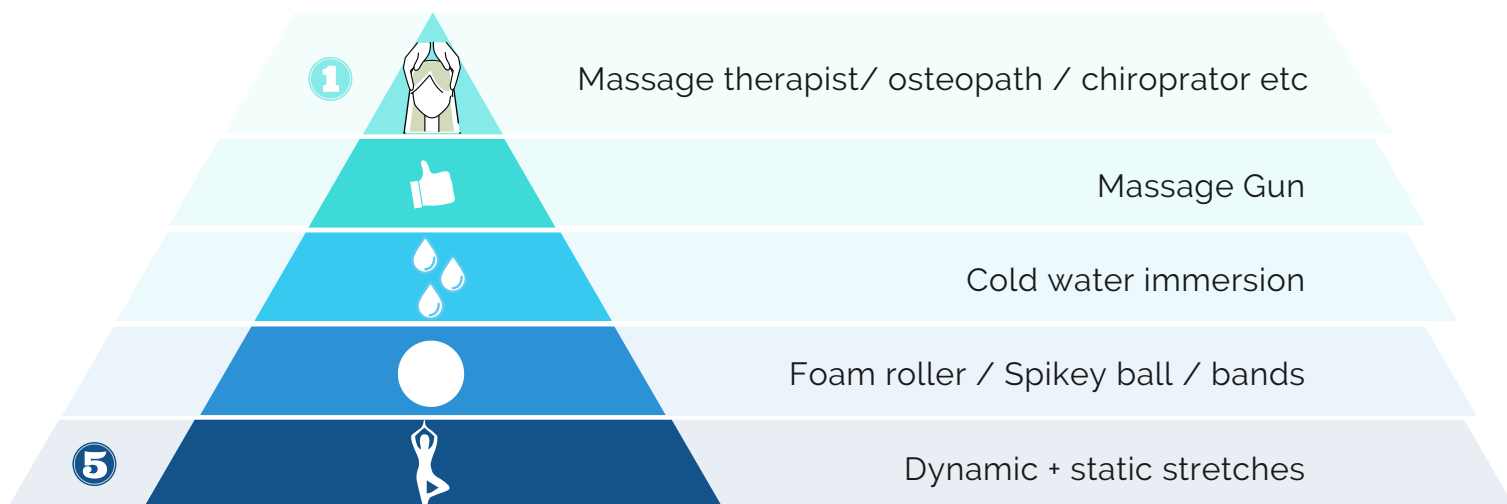
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WEEK 1

	MON	TUE	WED	THU	FRI	SAT	SUN
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WEEK 2

Recovery techniques: With consistent moderate to vigorous intensity training tightness always appears. You need to treat recovery as 'prehab' as we all know how annoying and slow 'rehab' can be. There are a number of different techniques you can pull upon to help keep your fascia and muscle supple, and thereby reduce tightness of tendons and ligaments, and load off joints. Below is table of options, lowest level being free (5) --> higher level more expensive (over time) (1).



THINK: Unload to reload. Pre-hab rather than rehab!

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Recovery techniques continued: Dynamic and static stretches are free and do go a long way in lengthening muscle when performed regularly and correctly. It's important to know the difference between the two stretch types, and also when they are most effective to perform eg. prior to exercise or post. I often use the analogy of a piece of chewing gum. When you first get it out of the packet if you try and stretch it, it ends up snapping pretty much straight away. If you chew the piece of a gum for a few seconds and then stretch it, it stretches a long way before snapping. Warm muscle = better stretch.

5



Dynamic + Static stretches

Dynamic stretches = is a strategy used to improve mobility while moving through a range-of- motion, often in a manner that looks like the activity or sport that is going to be performed, while

Static stretches = is holding a stretch without movement, usually only at the end-range of a muscle.

Based on the two explanations above it's clear to see why dynamic stretches should be done prior to moving to help aid muscle and soft tissue length, increase warmth, and provide muscle with movement similar to which its going to be performing. Static stretches will get the best outcome of increasing muscle length post exercise, once the muscle and soft tissue is nice and warm!

DYNAMIC

When to perform: Great for warm ups prior to your workout/ training/ game. A great way to warm muscle and soft tissue up, increasing range of motion and neuromuscular activation. **6-12 minutes total.**

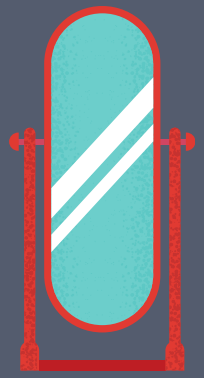
- Front and lateral leg swings
- Plank walk outs
- March and reach
- Lunge with torso twist
- Walking with toe touch
- Shoulder and arm rotations

STATIC

When to perform: Great for cool down, post - workout/ training/ game ONCE muscle, tendon and ligaments are warm and supple. **10-30 seconds, 2-4 reps.**

- Standing quadriceps: ankle to bum.
- Hamstring distal: Straight leg up on bench, leaning forwards.
- Lying glute: lying on back, knee across to opposite armpit.
- Tricep and lat: straight arm across chest, other hand pulling elbow across.

WEEK FIVE: SELF-REFLECTION



SUNDAY TASK: It's time to reflect back on this week. Not resting and taking recovery seriously always ends with - reduced performance, decreased motivation, injury + sickness and is often the hardest lesson to learn. So what did you take away?

1. Was your workout schedule as effective and efficient as it could / should have been? :
2. If you made changes to your workout ordering, have you noticed an increase in the quality of your training? :
3. How do you feel on your set rest days (Eg. anxious, at ease etc) ? :
4. Are you planning to implement a regular recovery plan (Eg. massage/ stretch) if so what?
5. What are the biggest physical and/or mental changes have you noticed from balancing your work and rests days properly?