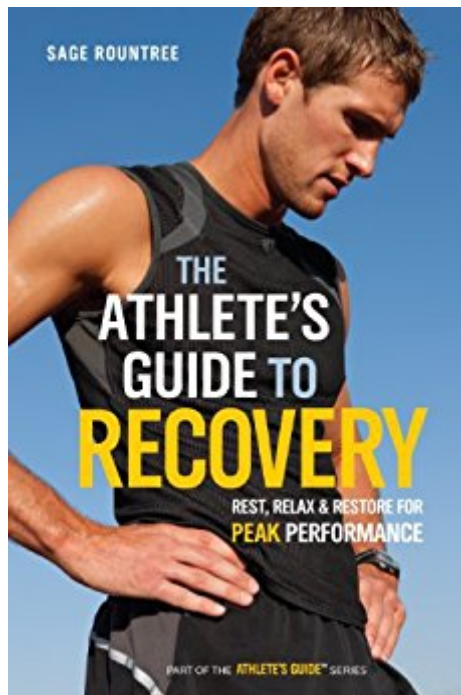


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# The Athlete's Guide To Recovery: Rest, Relax, And Restore For Peak Performance



## Synopsis

If you've hit a wall in your training, maybe it's because your body isn't recovering enough from each workout to become stronger. Hard workouts tear down the body, but rest allows the body to repair and come back stronger than before. Athletes who neglect their recovery will gain little from workouts, risking injury, overtraining, and burn out. *The Athlete's Guide to Recovery* is the first comprehensive, practical exploration of the art and science of athletic rest. With her book, certified triathlon and running coach and yoga instructor Sage Rountree guides you to full recovery and improved performance, revealing how much rest you need, how to measure your fatigue, and how to make the best use of recovery tools. Drawing on her own experience along with interviews with coaches, trainers, and elite athletes, Rountree details daily recovery techniques, demystifying common aids like ice baths, compression apparel, and supplements. She explains in detail how to employ restorative practices such as massage, meditation, and yoga. You will learn which methods work best and how and when they are most effective. *The Athlete's Guide to Recovery* offers recovery plans that target various race distances from short distance bike races to ultramarathons, as well as recovery between seasons. This invaluable resource will enable you to maintain that hard-to-find balance between rigorous training and rest so that you can feel great and compete at your highest capability.

## Book Information

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## Customer Reviews

I've never felt compelled to write a book review until now. As an athlete, I've read pretty much everything out there when it comes to training for peak performance. However, there's nothing that purely focuses on athletic recovery, which is one reason why *The Athlete's Guide to Recovery* is in its own class. It is a book for all athletes, from the newbie 5k runner, to the Ironman participant. Athletes tend to put recovery on the back burner, which results in overtraining and injury. *The Athlete's Guide to Recovery* does a fantastic job presenting scientific evidence outlining the various cycles of training, and further educates how to take your own personal inventory so as to avoid overtraining. A large portion of the book is dedicated to recovery techniques, and covers absolutely everything you could possibly imagine from sleep, self-massage, nutrition, hydration, compression socks and so much more. Many of the techniques described are simple and low in cost, yet have a tremendous impact. The protocols for applying the techniques described in the book are broken down for short-distance training (under two hours) and long-distance training (over two hours). Again, proof that any athlete can benefit from this book. Bottom Line: Buy this book TODAY, along with sticky notes and a highlighter pen. This is an invaluable training tool.

I received an interesting email today. A friend from the gym wanted to know how I could take two classes and then go home to 'work' some more ?? I explained to her that it's all about RECOVERY... In Sage Rountree's new book *The Athlete's Guide to Recovery, Rest & Restore for Peak Performance*, he explains how it's harder to RECOVER than it is to Exercise.. it's about finding the balance between working enough and resting enough. You should treat recovery as an extension of your training.. Say if you are passionate about Bodypump, then you should be JUST as passionate about recovery ! "You have to go easy to be able to go HARD." Now it's starting to make sense. Paying attention to recovery takes time and discipline. Of course our idea of recovery may be to kick back and relax, watch some television, while folding laundry AND checking the facebook account. NOT> The body needs to have quite a fine balance between work and recovery. "You can drive a car across the country, and then get in the car and drive the next day.. You can't do the same thing with the body. Use your energy where it is best spent. When you rest, REST. I'm only on chapter 11 in the book, but I've learned SO much already. Rest involves planning workout days and REST days. He talks about the importance of breathing and work load. Each chapter is delegated to

a section that stands alone. Hard work tears down the body, but REST allows the body to repair itself and come back stronger than before. I found this book a valuable resource. In the back there are charts and such. Whatever you need to know about recovery, you can find it here... Definitely a good read, OR a gift to a person in your family... :) *The Athlete's Guide to Recovery: Rest, Relax, and Restore for Peak Performance*

Sage has made an important subject interesting, whilst providing sufficient reference material and an excellent index, both of which are essential components of an effective textbook. The subject matter is introduced in an engaging way, with some personal anecdotes thrown in to keep the subject alive, whilst every aspect of recovery that I can think of is covered in a concise style with clear, supportive graphics. This book is appropriate for the absolute beginner and the more advanced athlete. My approach to recovery is to follow the instructions of my coach but to keep an eye on how my body feels, which is what Sage recommends. There are chapters on understanding the physiology of recovery, nutrition, sleep, training plans, integration of recovery with training in a healthy way, the need for complimentary approaches such as massage, and of course Yoga, and most importantly the risks of over training are discussed in some detail. The literature reference section is also extensive, which is helpful as much of this knowledge has been 'out there' for years, but this is the first time I have come across a thorough integration of the information needed to guide athletes through the recovery processes that are so critical for successful race achievements and a balanced life. Thank you Sage for an excellent contribution to the athletic/health literature.

I read this book almost as soon as it came out. Since then, I've upped my mileage from 20 to 50 miles and avoided any serious injury. It puts forth a pretty convincing argument about the need to rest and recover and that recovery is actually when your body becomes stronger and is a vital part of your training. With this mindset, the book lays out a number of ways to monitor your recovery level, how to maintain your body during your training, when to cut back, and what to do when you've over-trained. I've read quite a few running books over the years. This one is different but has had a major impact on my progress.

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