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## **MODULE 6: Rest & Recovery**

- Wins and Challenges from last week
- Changes in checklist

### **1. Signs and symptoms you're NOT recovered**

- elevated resting heart rate
- inability to elevate heart rate while training
- heart rate skyrocketing while training
- workout of usual pace, weight or distance feeling hard
- sleep habit changes
- moodiness
- loss of appetite
- chronic soreness and stiffness
- low heart rate variability

### **2. What Effects Your Need for Recovery**

- length of exercise
- intensity of exercise
- eccentric and high impact exercise
- life stressors – emotional, work, financial
- sleep quality
- nutrition quality
- hormones

### **3. Formatting Your Workouts & Weeks**

- Based on Time: Frequent and shorter, or Less Frequent and longer
- At Least One Full Day “off” with lifestyle activity, two can be better
- Two days off if you’re “tired” or feeling all days look and feel the same intensity
- During Workouts: between sets and intervals
- During the day: between workouts
- During the week: hard, easy, moderate, off days
- During a big cycle of four weeks or three months

### **5. Rest & Recovery**

- You have a weekly plan of hard, easy, moderate days + rest days
- Before and After a “long” day is either a rest day or a recovery (lite) day

- Use “feeling rested” and “fresh” together with tracking
- If at the end of the week your workouts suffer from lethargy, lack of energy, it’s a signal you need a plan change
- Sample: Sunday long, Monday recovery ex, Tuesday off, Wednesday weights and moderate cardio, Thursday recovery, Friday weights and intervals, Saturday weights.

## **Your Homework:**

1. **Identify** the best days to exercise. Choose more days for shorter time or fewer for longer time. You’ll need three days a week minimum. Are you someone who does better with a daily habit?
2. **Map** your Hard (long or high intensity) days, rest and recovery (light exercise days). Insert two days of resistance training in your plan. One each: long slow, interval, tempo
3. **Commit** to morning or evening. (intense early: light at night) This can change if you find it doesn’t work optimally. Then consider the conditions that will make this possible. Who needs to know and support you doing it?
4. **Plan** your recovery strategies. It’s best to include them weekly and regularly. How will you get the nutrition you need after a morning workout before work? How will you actively recover when you’re sitting at a desk all day? Do you have the budget for massage or is a personal SMR option more feasible?

Plan your exercise with your work and life stressors. Integrate the two rather than isolate.

You can send questions or comments to the Facebook group any time.

If you make a change to your exercise schedule comment on what your change was and how it has affected you.