



The Athlete's Guide to Recovery: Rest, Relax, and Restore for Peak Performance

Routree Sage

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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.

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