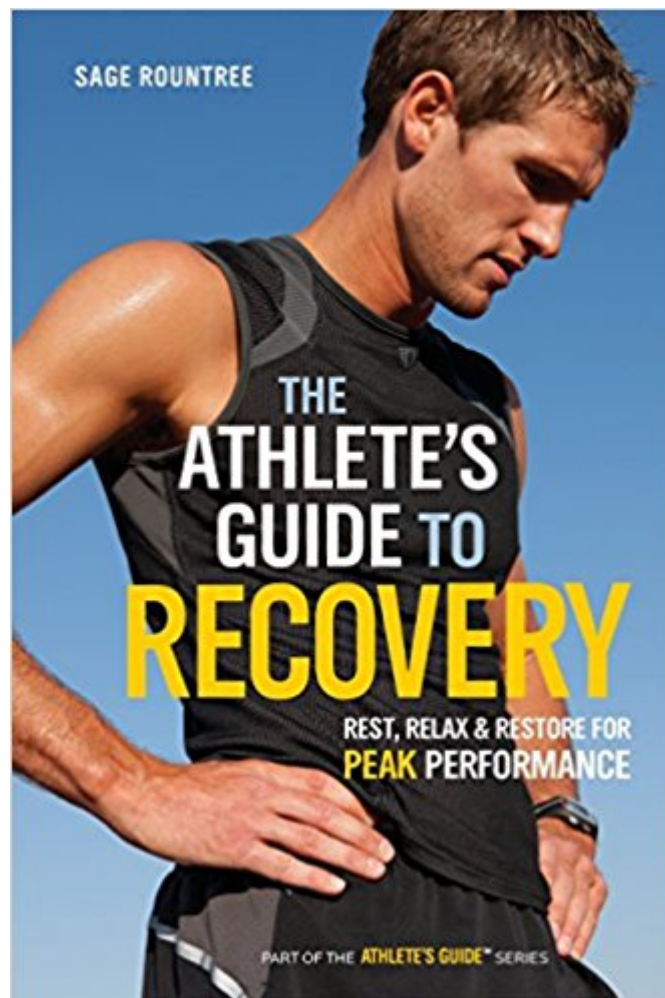




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# The Athlete's Guide To Recovery: Rest, Relax, And Restore For Peak Performance



## Synopsis

The Athlete's Guide to Recovery is the first comprehensive, practical exploration of the art and science of athletic rest. 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 offers a full exploration of rest and recovery for athletes. In her book, certified triathlon and running coach and pioneering yoga for athletes instructor Sage Rountree will guide you to full recovery and improved performance, revealing how to measure your fatigue and recovery, how much rest you need, 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 explores:

- Periodization and overtraining
- Ways to measure fatigue and recovery including heart rate tests, heart rate variability, EPOC, and apps
- Stress reduction
- Sleep, napping, nutrition, hydration, and supplements
- Cold and heat like icing, ice baths, saunas, steam rooms, whirlpools, and heating pads
- Home remedies including compression wear, creams, and salts
- Technological aids like e-stim, ultrasound, Normatec
- Massage, self-massage, and foam rolling
- Restorative yoga
- Meditation and breathing

Then you can put these tools and techniques to practice using two comprehensive recovery plans for both short- and long-distance training. 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 level.

## Book Information

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## Customer Reviews

"Rountree helps you make the most of your down time, with methods both simple (massage, napping) and technical (computerized compression sleeves)." -- Bicycling magazine "An all-encompassing guide for how (and why) to make recovery an extension of your trainingâIf there's a recovery tool on the market, it's probably explained in this book--think everything from compression socks to Epsom salts to NormaTec MVP boots." -- Triathlete magazine "The Athlete's Guide to Recovery stresses the oft-neglected key to a successful season of endurance sports--recoveryâ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." -- USA Triathlon Life magazine "The Athlete's Guide to Recovery is a truly essential resource for endurance athletes. Most competitive endurance athletes do not do enough for recovery and this book is the only comprehensive and credible resource for athletes who seek to address their imbalance." -- Running.Competitor.com "The Athlete's Guide to Recovery combines years of accumulated research, knowledge, and practice into a single volume on how to rest right." -- LAVA magazine "Rountree does a brilliant job of discussing one of the most critical (and frequently neglected) aspects of performanceâEasy to read and understand, The Athlete's Guide to Recovery is an indispensable resource for runners of all levels." -- Canadian Running magazine "Informative and easily understandable." -- Athletics Weekly magazine "A fast read [offering] good insight on how to avoid overtraining and how to incorporate both qualitative and quantitative data tracking to gauge [your] level of recovery." -- TriMadness "Sage Rountree takes much of the guesswork out of recovery and explains why it is so important. The book includes tips and recommended recovery times for various races. Read it guilt-free while resting by a pool or on a beach." -- Salt Lake Tribune "The Athlete's Guide to Recovery is the kind of book I wish I had when I was seriously competing in triathlonsâIt might have saved me from injuries and overtraining as well as improved my speed." -- Chicago Tribune

Recovery is your secret to becoming a faster, healthier competitor.Hit a wall in your training? Maybe

you aren't giving the gains enough time to take hold. Hard workouts tear down the body, but rest allows the body to repair itself and come back stronger than before."The Athlete's Guide to Recovery" is the first comprehensive, practical exploration of the art and science of athletic rest. Certified cycling, triathlon, and running coach Sage Rountree guides you to full recovery and improved performance, exploring how much rest athletes need, how to measure 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 and demystifies common aids such as ice baths, compression apparel, and supplements. She explains in detail how to employ restorative practices, including massage, meditation, and yoga. You will learn which methods work best and how and when they are most effective. Recovery is critical to performance gains. "The Athlete's Guide to Recovery" offers recovery plans that target various training and race distances in events ranging from short-distance bike races to ultramarathons as well as examining 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 level. Sage Rountree is an Experienced Registered Yoga Teacher and holds coaching certifications from USA Triathlon and the Road Runners Club of America. Her popular yoga classes for athletes draw students ranging from Ironman(R) triathletes and Olympians to everyday cyclists, runners, and walkers as well as team-sports athletes. She is a frequent contributor to "Runner's World," "Yoga Journal," "USA Triathlon Life," and "Endurance "magazines and is the author of "The Athlete's Guide to Yoga" and "The Athlete's Pocket Guide to Yoga."

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 it's 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 Athletes 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.

Excellent book - a good combination of scientific and practical explanation. Even for athletes who are not pushing the limits of endurance, Sage Rountree offers sound advice, options, and explanations of the value of rest and recovery. For people who are prone to push harder than they should, this book is especially important to help identify the red flags that tell us to reduce the effort and let ourselves heal. I would also recommend this to anyone struggling with recovering from illnesses that reduce one's endurance, and anyone who is dealing with the challenges of aging while remaining active. Over all, an excellent resource. Well done, and thank you Sage!

Amateur but serious athletes need to read this book when performance doesn't seem to follow his/her effort. This book changed my exercise routine and season result by lessening practice time. Of course, applying the theory into our personal situation varies by ages or abilities, so it's necessary to adjust constantly but overall I am quite happy to gain the basic knowledge and a lot of confidence without feeling guilty not practicing enough or anxious about blindly practicing.

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

Not much info about recovery protocols, details for different trainings and best recovery plans

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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Lupus Recovery Diet - The Natural Lupus Recovery Solution: (Recover from  
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