

# THE TRAINING PLAN

## TTP RECOVERY MENU

Pick as many or as few courses as you would like from the following pages to satisfy your recovery needs

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## REFUEL

### POST EVENT

Aim to drink 500-750ml of water (with carbs/protein, see below) as soon as possible after you complete your cool down.

#### **Carbs (CHO) / Protein, post-workout recommendations**

**Male:** 60-80g CHO / 30g PRO

**Female:** 40-60g CHO / 20g PRO

#### **Carbs/Protein, more detailed:**

Add 0.8-1.0g per kg/BW (bodyweight) carbs (powder, e.g. Vitargo) to your post-workout drink or use a ready-made sports drink solution, or, consume your carbs separately.

Examples include;

- Sweet potato baby food
- Soft fruit
- Protein smoothie
- Rice crackers
- Creamed rice
- Quality energy bars

The protein immediately post-workout is not critical, but 0.2-0.3g per kg/BW has been shown to complement glycogen replenishment and would be of more importance if you are planning on extra training that day.

### 2-HOURS POST EVENT

Consume a whole food meal within 2 hours post event.

**Carbohydrate** is still your priority, another serving of 0.8-1.0 grams/kg, but starchy foods this time

- Sweet potato/potato
- Rice/Polenta
- Beets/Yams/Squash
- Bread/Pasta/cereals (if tolerated)

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**Protein:** 1 to-2 'palm' sized servings (0.4-0.6g/kg)

- Fish & shellfish
- Chicken
- Red meat
- Eggs
- Dairy

Fibrous vegetables (1-2 handfuls). Not compulsory, as long as you get some in subsequent meals

## REST OF THE DAY

Drink to thirst for the remainder of the day.

All other meals remaining in the day should still contain carbohydrates but start to add more vegetables, and whole food sources of fat as well to optimise cell repair, micronutrient balance, hormones.

- Olive, coconut, avocado oil
- Butter, ghee, cream, cheese (if tolerated)
- Avocado
- Raw nuts, coconut (& cream) and nut butter
- Animal fat (fatty cuts of meat, cold water fish)

## Supplements

### *Recommended*

- Fish oil
- Collagen protein
- Turmeric/Curcumin
- Greens powder
- Probiotics
- Creatine monohydrate (5g)

### *Possibly helpful*

- Garlic
- Zinc
- Magnesium
- Rhodiola rosea
- Ginseng
- Glutamine

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## BREATHE

You may want to start here by taking a long walk, and/or spend 5 to 10-minutes on an Assault Bike moving slowly and focusing on breath control evenly in and out, as your heart rate comes down.

Then, some more deliberate practice.

### Parasympathetic Breath Work

1-0-2-0 ratio for 3-5-minutes

**NOTES:** We emphasise the out-breath, and/or the breath-hold during this work, to more effectively upregulate our parasympathetic (recovery) state. For this drill, you breathe out for twice as long as you breathe in, with no holds (1-0-2-0). Eg. 2-seconds in, 4-seconds out. If that feels comfortable, try 3-0-6-0. Only do what comes to you with relative ease, don't push it. The aim is to calm you and bring your heart rate down. Sit in a comfortable position or lie down as preferred.

Then,

1-2-4-0 ratio for 3-5-minutes

**NOTES:** Start with 1-second in, 2-second hold, 4 second exhale. Then, if comfortable, try to increase the length of the exhale (1-3-5-0, then 1-3-6-0 etc.). Again, only do what comes to you with relative ease

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## MOVE

1. Take a gentle walk, or easy bike to loosen up the legs and get some blood flow through them. Aim for 15 to 30-minutes.
2. [Movement flow](#), yoga, MWOD, ROMWOD etc.
3. For a longer mobility flow, work through the [hip recovery flow](#) and the [shoulder recovery flow](#) as needed.

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## SLEEP

After your Open workout, you will want to get to bed at an early hour and maximise your sleep quality through the night.

1. **Avoid light (especially blue light) at least an hour (ideally from sunset) before going to bed.** Blue light reduces melatonin secretion, making it harder to fall asleep and reduces your sleep quality.
  - a. Wear orange or pink glasses if watching TV before bed
  - b. Turn on “night shift” on your phone and use [E.lux](#) to adjust your computer screen to softer wavelengths.
  - c. Do not watch TV or use your phone/lpad in bed
2. **Limit your caffeine and alcohol intake for the remainder of the day post-workout.** Alcohol reduces your sleep quality significantly and can lead you to wake up at night for the bathroom. Caffeine has a long half-life in your body; limit your intake to a few cups a day, ideally, 2+ hrs apart and stop consuming coffee around noon or early afternoon.
3. **Sleep in a cool temperature.** Sleeping in a cool temperature (15 - 19°C / 60 - 67°F) makes it easier to fall asleep and improves your sleep quality.
4. **Sleep in as dark a room as possible (pitch black is ideal).** Exposure to light reduces melatonin and increases cortisol secretion, leading to increased alertness (difficulty falling asleep), poor sleep quality and poor recovery at night. Black-out curtains are an investment you won't regret.
5. **No electronics in your bedroom.** Unplug any electronics with lights, turn your phone to “airplane” mode and keep the TV in the living room.
6. **Use an app** like Headspace or Calm, **for meditation**, white noise/music or sleep stories.

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## BODYWORK

1. Soft tissue release on relevant muscles with lacrosse ball, barbell or foam roller. Particularly thoracic, pecs, calves, triceps, quads, hamstrings.
2. If available, make use of compression cuffs (Normatec) on arms and legs or consider wearing compression tights/top.
3. EMS (Muscle Stim)
  - a. Using a Marc Pro, Compex, or similar device, flush arms and legs as needed and following makers instructions.
4. Massage or other soft-tissue therapy from a practitioner that you know and have experience with.