

THE TRAINING PLAN

TTP RECOVERY MENU

20.4

The two most important things you can do to recover from 20.4 are:

- 1) Sleep**
- 2) Refuel**

Focus on getting these right first

then feel free to

Pick other items from the menu

20.4 is especially challenging for the lower back, quads, and calves. Make sure to check out breathing, movement and bodywork tips to help with your recovery.

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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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SLEEP

After your Open workout, you will want to get to bed at an early hour and maximise your sleep quality through the night. If you can, ***aim for 9-hours each night through the weekend and do whatever you must to get at least 7.5-hours.***

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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BREATHE

POST EVENT

Spend 5 to 10-minutes walking or on an Assault Bike, moving at a slow pace (RPE 2-3) and focusing on breathing in and out with control, attempting to slow the exhale more and more as time passes.

Then, some more deliberate breath practice.

LATER IN THE DAY (Parasympathetic Breath Work)

Breath is a useful gateway to taking your body into a more parasympathetic (recovery) state. Breathwork can also help your lower back to recover/relax from the terrors of 20.3.

Start by simply focusing on breathing through your nose throughout the day (we know, it sounds obvious but you might catch yourself multiple times breathing through your mouth).

Next, you can introduce a 3 to 5-minute, easy breathing session. You can do this either lying down (maybe even feet elevated on a couch while lying on the floor) or sitting cross-legged on the floor. Your eyes can be open (keep a soft gaze) or closed, whichever you prefer.

Breathing pattern #1: Start with 1-0-2-0 ratio (1 count in : no hold : 2 count out : no hold), then gently extend the pattern, maintaining the 1:2 ratio of inhale to exhale (eg. 4-0-8-0 or 8-0-16-10) when you feel comfortable. The intent is to relax so don't push the count, just let it expand with ease.

Breathing pattern #2: If you wish to extend your practice after breathing with pattern #1 for 3 to 5-minutes, you can continue for another few minutes, adding a pause on the inhale with 1-2-4-0 ratio (1 in : 2 hold : 4 out : no hold), again letting the pattern expand gently as you get more comfortable (eg. 3-6-12-0).

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.
4. Release your lower back with [Super D \(Donnie Thompson\) back relief protocol](#)

The Training Plan - CFG Open Manuals - 20.4 - Recovery Menu

Visit <https://thetrainingplan.co> for more guidance to help you be successful in the Open and beyond

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BODYWORK

1. Soft tissue release on relevant muscles with a lacrosse ball, barbell or foam roller. Particularly your lower back, hamstrings, glutes, feet, shoulders and triceps.
2. If available, make use of compression cuffs (Normatec) on legs (calves/quads) or consider wearing compression tights/socks to improve recovery time.
3. EMS (Muscle Stim)
 - a. Using a Marc Pro, Compex, or similar device, flush the lower back, hamstrings, shoulders, calves and forearms as needed, following the makers' instructions.
4. Massage or other soft-tissue therapy from a practitioner that you know and have experience with.