



# My Recovery Routine

*Train hard, recover hard.*

## What are three daily things I can do to boost recovery?

*Stretch for 10 minutes after practice, foam roll during my lunch break, take a nap in the afternoon, go to bed half an hour earlier, write in my gratitude journal...*

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## What are three weekly things I can do to supercharge recovery?

*Go for a massage on Wednesday afternoons, unplug from social media over the weekend, meal prep healthy meals on Sundays...*

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*By recovering faster, you give yourself more opportunities to excel in practice. You can probably guess what is going to happen on race day as a result.*