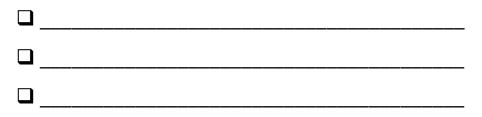


## **My Recovery Routine**

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...



## 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...



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.