



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

*Sage Rountree*

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If you've hit a wall in your training, maybe it's because you aren't giving the gains enough time to take hold. Hard workouts tear down the body, but rest allows the body to repair 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 and yoga instructor 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, 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.

Recovery is critical to performance gains. *The Athlete's Guide to Recovery* offers recovery plans that target various training and race distances, in events 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 capability.

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A lot of people always spent their own free time to vacation or maybe go to the outside with them household or their friend. Were you aware? Many a lot of people spent that they free time just watching TV, as well as playing video games all day long. If you want to try to find a new activity that's look different you can read a new book. It is really fun in your case. If you enjoy the book that you read you can spent the whole day to reading a guide. The book The Athlete's Guide to Recovery: Rest, Relax, and Restore for Peak Performance it is rather good to read. There are a lot of folks that recommended this book. These folks were enjoying reading this book. Should you did not have enough space to develop this book you can buy the e-book. You can more very easily to read this book from your smart phone. The price is not very costly but this book offers high quality.

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