



## Post-Camp Recovery

**C**amp is now complete. A solid block of work is complete, and now it is time to focus on recovery. By recovering, consolidation of fitness gains are achieved.

There is an adage: One does not get stronger by doing hard work, but recovering properly after hard work. While there exist different methods for recovery, this handout provides strategies for proper recovery. This handout also outlines training guideline for the week following camp.

### REST COMPLETELY

During camp, the importance of proper rest from day-to-day was emphasized—napping, lying with elevated legs, and attaining over 8 hours of sleep each evening. It is equally important to employ these strategies in the week following camp.

*Get 8 hours of sleep each night.* Sleep is a time when the body repairs itself mentally and physically. Do not avoid early sleep times at night.

*Take a daily nap.* If work and family obligations allow, and a daily nap feels necessary, then listen to the body and rest.

### EAT HEALTHILY

*Continue good eating habits* achieved before camp and or begun at camp. Eat a variety of fruits and vegetables. Include lean, high quality protein as well.

*Remain hydrated.* Do not lay off a daily hydration scheme. Keep imbibing plenty of water—even 8

glasses per day—to help flush the body of waste products and retain homeostasis.

### LIVE LESS STRESSFULLY

*Avoid a hectic work week.* It is understandable that work may pile up after a week of training camp. Attempt to avoid “making up” for missed work time. Try to keep stress levels low, as they will detract from recovery. Try not to work long hours in the week following camp, as they will eat into recovery time.

*Carry a positive attitude.* The majority of campers leave camp tired, but on a “natural high.” The feelings of being outside for the whole week, of enjoying a passion, and of meeting other people who share similar interests, normally make for a positive experience. Even though possibly returning to an often-repeated routine after camp, keep up the positive attitude, as it will help overall recovery.

### TRAINING GUIDELINES

Using the previously mentioned general concepts discussed, it is possible to achieve a good level of recovery in the week following camp.

The following is a general training guideline that can be applied in addition the concepts already discussed:

IF TRAVELLING ON FRIDAY EVENING:

*Saturday:* No ride

*Sunday:* Recovery ride, 1 hour, <75% heart rate maximum or <2 watts per kilogram

*Monday:* No ride OR recovery ride, 1 hour, <75% heart rate maximum or <2 watts per kilogram

*Tuesday:* Recovery ride, 1 hour, <75% heart rate maximum or <2 watts per kilogram

*Wednesday:* Endurance ride, 2 to 3 hours, <80% heart rate maximum or < 3.5 watts per kilogram

*Thursday:* No ride OR endurance ride, 2 to 3 hours, <80% heart rate maximum or < 3.5 watts per kilogram

*Friday:* No ride

*Saturday:* Group ride or back to normal routine

IF TRAVELLING ON SATURDAY OR SUNDAY:

*Sunday:* No ride

*Monday:* Recovery ride, 1 hour, <75% heart rate maximum or <2 watts per kilogram

*Tuesday:* No ride OR recovery ride, 1 hour, <75% heart rate maximum or <2 watts per kilogram

*Wednesday:* Recovery ride, 1 hour, <75% heart rate maximum or <2 watts per kilogram

*Thursday:* Endurance ride, 2 to 3 hours, <80% heart rate maximum or < 3.5 watts per kilogram

*Friday:* No ride OR endurance ride, 2 to 3 hours, <80% heart rate maximum or < 3.5 watts per kilogram

*Saturday:* No ride OR endurance ride, 2 to 3 hours, <80% heart rate maximum or < 3.5 watts per kilogram

*Sunday:* Group ride or back to normal routine

## CONCLUSION

Executing a good recovery plan is as important—if not, more important—than executing a solid physical training plan. Use the strategies in this handout to properly recover from camp and consolidate fitness gains.

It is important to note that for some, camp recovery may take over a month. Newer athletes, who have not put in large training blocks before, may take longer to recover than athletes who have done large training blocks in the past.

It is also important to note for some, camp fitness may not be felt for a month prior to leaving camp, and in some cases, not for a few months. Newer athletes may feel camp fitness sooner than experienced riders. Newer athletes usually see larger overall gains, because more experienced riders may only be seeing incremental gains as they may be closer to their overall potential at this stage of their development.