

# Recovery & Periodisation

## 3 Steps Forward - 1 Step Back

It is not possible to keep improving your results indefinitely at linear rate. You need to plan for periods of recovery and consolidation.

The advantages of incorporating periodisation and recovery into your training include;

- Sustainable improvement and results over the long term
- Consolidation of your gains
- Reduction in the risk and incident of injury

There are two ways to incorporate recovery into your training using Micro and Macro Cycles;

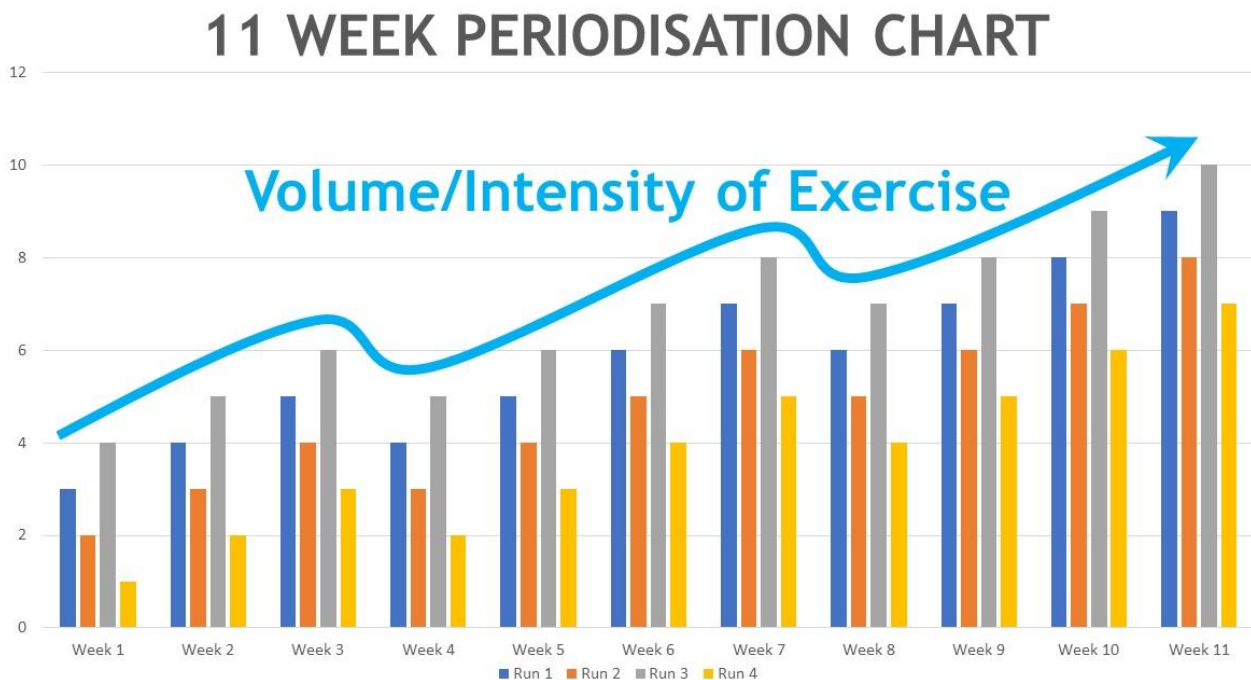


**1. Micro Cycles:** A Micro Cycle is generally a weeks worth of training. It could look something like the table below, alternating between medium, hard and recovery sessions.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Medium Run	Recovery	Hard Run	Circuit	Recovery	Boot-camp	Recovery

**2. Macro Cycles:** A Macro Cycle is a block of training, usually four weeks. The block will consist of three weeks of building followed by one week of easier training that allows you to recover and consolidate your gains.

The chart below shows how Micro and Macro Cycles work together to give sustainable long term gains. It looks very much like the adage 'three steps forward, one step back'!



I often plan my Micro and Macro Cycles around what is going on in my life. For example, if I have a busy work week I will plan to make that week the 'recovery' part of the cycle with fewer, easier and shorter workouts.

If you want to know more about how to incorporate periodisation into your program please come and speak to Mel or myself at the studio.