

RECOVERY PLANNING GUIDE

Recovery Timelines by Workout Type

Workout Type	Muscle Recovery	Connective Tissue Recovery	Suggested Recovery Period Before Repeat
Heavy Strength Training	48 - 72 hours	72 - 96 hours	2 - 3 days
High- or Sprint-Intensity Intervals, Low-Impact (Elliptical, Ascent trainer, Indoor Cycle)	24 - 48 hours	48 - 72 hours	1 - 2 days
Moderate Cardio	< 24 hours	24 - 48 hours	1 day
High-Impact Cardio (Running, Court-based Sports)	48+ hours	72+ hours	2+ days

Inadequate Recovery Indicators

Training Signs:

- Persistent muscle soreness lasting beyond 72 hours
- Declining cardio performance despite regular training
- Slower recovery between sets

Mental Signs:

- Increased irritability, anxiety, or mood swings
- Reduced motivation to train or mental fatigue
- Poor concentration or slower reaction times

Physiological Signs:

- Elevated resting heart rate upon waking
- Heavy limbs or low energy despite rest
- Major sleep disturbances

High-Intensity Readiness Indicators

- High motivation and focus
- Awaken feeling well-rested and alert
- Minimal to no soreness from prior sessions
- Complete warm-ups with good energy and coordination
- Consistent sleep and nutrition
- Free from lingering joint pain or muscle fatigue