



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

By 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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## **The Athlete's Guide to Recovery: Rest, Relax, and Restore for Peak Performance** By Sage Rountree **Bibliography**

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### Editorial Review

#### Review

"Rountree helps you make the most of your down time, with methods both simple (massage, napping) and technical (computerized compression sleeves)." -- ***Bicycling magazine***

"An all-encompassing guide for how (and why) to make recovery an extension of your training...If there's a recovery tool on the market, it's probably explained in this book--think everything from compression socks to Epsom salts to NormaTec MVP boots." -- ***Triathlete magazine***

"*The Athlete's Guide to Recovery* stresses the oft-neglected key to a successful season of endurance sports--recovery...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." -- ***USA Triathlon Life magazine***

"*The Athlete's Guide to Recovery* is a truly essential resource for endurance athletes. Most competitive endurance athletes do not do enough for recovery and this book is the only comprehensive and credible resource for athletes who seek to address their imbalance." -- ***Running.Competitor.com***

"*The Athlete's Guide to Recovery* combines years of accumulated research, knowledge, and practice into a single volume on how to rest right." -- ***LAVA magazine***

"Rountree does a brilliant job of discussing one of the most critical (and frequently neglected) aspects of performance...Easy to read and understand, *The Athlete's Guide to Recovery* is an indispensable resource for runners of all levels." -- ***Canadian Running magazine***

"Informative and easily understandable." -- ***Athletics Weekly magazine***

"A fast read [offering] good insight on how to avoid overtraining and how to incorporate both qualitative and quantitative data tracking to gauge [your] level of recovery." -- ***TriMadness***

"Sage Rountree takes much of the guesswork out of recovery and explains why it is so important. The book includes tips and recommended recovery times for various races. Read it guilt-free while resting by a pool or on a beach." -- ***Salt Lake Tribune***

"*The Athlete's Guide to Recovery* is the kind of book I wish I had when I was seriously competing in triathlons...It might have saved me from injuries and overtraining as well as improved my speed." -- ***Chicago Tribune***

#### From the Back Cover

Recovery is your secret to becoming a faster, healthier competitor.

Hit a wall in your training? Maybe you aren't giving the gains enough time to take hold. Hard workouts tear down the body, but rest allows the body to repair itself 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 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.

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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 ranging 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 level.

Sage Rountree is an Experienced Registered Yoga Teacher and holds coaching certifications from USA Triathlon and the Road Runners Club of America. Her popular yoga classes for athletes draw students ranging from Ironman(R) triathletes and Olympians to everyday cyclists, runners, and walkers as well as team-sports athletes. She is a frequent contributor to "Runner's World," "Yoga Journal," "USA Triathlon Life," and "Endurance "magazines and is the author of "The Athlete's Guide to Yoga" and "The Athlete's Pocket Guide to Yoga."

About the Author

**Sage Rountree is America's leading expert on yoga for athletes.** She is a certified endurance sports coach as well as an Experienced Registered Yoga Teacher with the Yoga Alliance. She is a featured instructor at Kripalu and offers yoga workshops for athletes and coaches around the country as well as at Carolina Yoga Company, a yoga studio she co-owns.

An accomplished competitor in running and triathlon, Sage has raced distances from sprint triathlon to Ironman ®, 400 meters to 40 miles, including the Boston Marathon and the 2008 Short-Course Age-Group World Championship in Vancouver, Canada, where she represented the U.S. as a member of Team USA.

Sage is a frequent contributor to *Runner's World*, *Triathlete*, *Competitor*, and *Yoga Journal* magazines and has contributed to *USA Triathlon Life*, *VeloNews*, *Running Times*, *Inside Triathlon*, and *Endurance* magazines. Sage is the author of *The Athlete's Guide to Yoga*, *The Runner's Guide to Yoga*, *The Athlete's Pocket Guide to Yoga*, and *The Athlete's Guide to Recovery*.

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**Karla Walker:**

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As people who live in the modest era should be update about what going on or facts even knowledge to make these keep up with the era and that is always change and make progress. Some of you maybe will probably

update themselves by looking at books. It is a good choice to suit your needs but the problems coming to a person is you don't know what type you should start with. This *The Athlete's Guide to Recovery: Rest, Relax, and Restore for Peak Performance* is our recommendation to help you keep up with the world. Why, since this book serves what you want and need in this era.

**Jacob Gray:**

Reading can called imagination hangout, why? Because if you find yourself reading a book mainly book entitled *The Athlete's Guide to Recovery: Rest, Relax, and Restore for Peak Performance* your mind will drift away trough every dimension, wandering in most aspect that maybe not known for but surely can become your mind friends. Imaging every word written in a e-book then become one contact form conclusion and explanation this maybe you never get previous to. The *The Athlete's Guide to Recovery: Rest, Relax, and Restore for Peak Performance* giving you one more experience more than blown away your thoughts but also giving you useful details for your better life with this era. So now let us demonstrate the relaxing pattern the following is your body and mind will probably be pleased when you are finished looking at it, like winning a. Do you want to try this extraordinary investing spare time activity?

**Nancy Soto:**

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