

REST & RECOVERY



STRONG POWERFUL FEMALES
SCC

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PROTEIN

Protein helps with aiding recovery, building muscle, helping you stay satiated, helping with fat loss - the list goes on! But the main focus we are concerned with here is to aid recovery and muscle repair. If you are recovering well from your sessions and runs you can continue to progress.

You will all have your protein target given to you on the SCC APP or SCC 8 Week Challenges.



I recommend between 1.8-2g per kg of bodyweight for protein.

WARM UPS/STRENGTH TRAINING

Make sure to give time for your warm ups and cool downs - without these you may find your are more prone to injuries.

Make sure to factor in your strength sessions. Don't pass or skip your single leg exercises as much as you may not like them they are very important to ensure you are working on any muscular imbalances.



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HYDRATION

Make sure you are getting in enough water daily.

I recommend 3-4 litres of water but this will depend on the individual.



If you are running in hot countries or sweating much more than normal you will need more water and the addition of electrolytes.

REST DAYS

Many people think taking rest days is “weak” and that you should be training everyday to see results. This couldn't be further from the truth.

If you train every single day you will not have time to recover which will mean your sessions will become poor and strength will dip. When strength dips and energy lowers you won't see as much changes as you cannot push as hard.



This will also impact your runs - as energy starts to decrease from no rest days you wont be able to progress in your runs. They are VITAL to being able to continue.

Schedule your rest days just like you would your workout days.

Its also very important to refuel on rest days. As you are now running and training do not pull calories on rest days.



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SLEEP

The number one important factor of recovery is sleep. While we all cannot get 8 hours perfectly every night as some of you are moms, busy jobs, night shift workers - its about making the most effort where you can with your sleep.



Tips for quality sleep:

- **Sleep schedule:** Try to go to bed and wake up at the same time every day, even on weekends. This helps regulate your body clock.
- **Bedtime routine:** Creating a bedtime routine will signal to your body that it's time to wind down. This could include things like reading, taking a warm bath, meditation - whatever you find calms you.
- **Create a comfortable sleep environment:** Make sure your bedroom is dark, quiet, and cool. Invest in a comfortable mattress and pillows, and consider using earplugs to block out any disruptive sounds.
- **Limit exposure to screens before bed:** The blue light from phones, computers, and TVs can interfere with your body's natural sleep-wake cycle. Try to avoid screens at least an hour before bedtime, or use blue light filters or night mode settings on your devices.
- **Avoid heavy meals and eating very late at night:** This is not from a weight loss perspective but eating late at night can cause digestive issues and disrupt your sleep. Avoid caffeine past 2pm in the day MAX and alcohol close to bedtime, as this can disrupt sleep. Opt for light snacks if you're hungry before bed, and consider drinking herbal tea to help you relax.
- **Manage stress:** Practice relaxation techniques such as deep breathing, meditation, journaling, brain dumping to help reduce stress and anxiety that can interfere with sleep.
- **Limit naps:** While short naps can be beneficial, especially if you didn't get enough sleep the night before, long or irregular napping during the day can disrupt your sleep patterns.

