

# Recovery Cheat Sheet

Sleep, deload, and active-recovery protocols on one page.

## The 4 Pillars of Recovery

- **Sleep:** 7–9 hrs; consistent sleep/wake within  $\pm 30$  min.
- **Nutrition:** hit protein (0.7–1.0 g/lb), don't under-eat on training days.
- **Stress load:** manage life + training stress as one bucket.
- **Movement:** light daily activity beats total rest for soreness.

## Recovery Window by Training Type

| Session type           | Full recovery | Re-train same muscle |
|------------------------|---------------|----------------------|
| Light cardio (Z2)      | 12–24 hrs     | Next day OK          |
| Hard intervals         | 36–48 hrs     | 48–72 hrs            |
| Hypertrophy lift       | 48–72 hrs     | 48–72 hrs            |
| Heavy strength (1–5RM) | 72 hrs        | 72–96 hrs            |
| Full-body bodyweight   | 24–48 hrs     | 24–48 hrs            |

## Sleep Stack (in order of impact)

1. Consistent wake time, 7 days/week.
2. Cool, dark, quiet room (65–68°F / 18–20°C).
3. No caffeine within 8 hrs of bedtime.
4. Last meal 2–3 hrs before bed; avoid heavy alcohol.
5. 10 min of bright light within 30 min of waking.
6. Wind-down: lights down, screens off or dim, 30–60 min pre-bed.

## Deload Triggers — take a lighter week if 2+ apply

- Resting HR up 7+ bpm for 3 days
- Sleep quality dropping or <6 hrs for a week
- Lifts down 5%+ for 2 sessions in a row
- Persistent joint pain or new niggles
- Mood, motivation, or appetite noticeably down

## Active Recovery Menu (20–30 min)

| Modality               | What it does                | Best for         |
|------------------------|-----------------------------|------------------|
| Easy walk (Z1)         | Blood flow, decompression   | Daily, post-lift |
| Mobility flow          | Joint range, tissue quality | Stiff days       |
| Pool / cycle Z2        | Low-impact aerobic base     | Sore legs        |
| Breathwork (5 min box) | Parasympathetic shift       | High-stress days |

## Ready for the full system?

This sheet is one slice of **The Recomp Blueprint** — a 25-page program with macros, training splits for any equipment, recovery + sleep protocols, and a 12-week roadmap.

**Get it for \$7 → [recompblueprint.com](https://recompblueprint.com)**