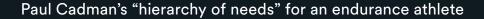
High-performance training & recovery - daily checklist





Pre-training

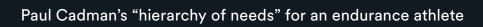
How: Track your heart rate variability & realistically plan your training sessions around this. Understand your ability Why: It will help you to be realistic about your capacity to handle stress as you approach your training session + enable you to adjust it accordingly. How: Simply read and understand the prescribed Understand the purpose training session before you begin. of your training session Why: Because then you can execute your training effectively and hit your goals. How: Hydrate, have a balanced meal roughly 2hours before training (protein, healthy fats, Give your body the + small amount of carbs), fuel appropriately fuel it needs for intense during the session (60-100g carbs per hour). training sessions Why: So you have the energy to maximize your training. How: Focus on what you're doing in each moment Create a routine of training - live in the now. "Where your focus that supports your goes, your energy flows". mental focus Why: Because it helps to sharpen your mental focus throughout your training process.

5 Take MitoQ

How: Early morning, 30mins before training + late morning every 6 hours (don't take with food).*

Why: It's been scientifically shown to support athletic performance.

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Post-training recovery

1	Prioritize sleep	How: Maintain healthy sleeping habits. Why: Sleep is where the magic happens! It's when you recover the most.
2	Replenish + refuel after hard/long training sessions	How: Rehydrate, have (roughly) 20g protein & 50g carbs within 30mins of completing your training. Have a nutrient-dense meal within 2 hours of completing your training. Why: It starts your body's recovery process so you're ready to go again the next day.
3	Get a massage/give yourself a massage with a massage gun/foam roller	How: Make it part of your daily routine. Why: It will support your body's restoration process so you're better prepared for your next training session.
4	Take MitoQ	How: Early morning 30mins before training + late morning every 6 hours (don't take with food).* Why: It's been scientifically shown to prevent damage to mitochondrial DNA after exercise (in short, it helps with post-exercise recovery on a cellular level).