

High-performance training & recovery - daily checklist

Paul Cadman's "hierarchy of needs" for an endurance athlete



Pre-training

1 Understand your ability to handle stress

How: Track your heart rate variability & realistically plan your training sessions around this.

Why: It will help you to be realistic about your capacity as you approach your training session + enable you to adjust it accordingly.

2 Understand the purpose of your training session

How: Simply read and understand the prescribed training session before you begin.

Why: Because then you can execute your training effectively and hit your goals.

3 Give your body the fuel it needs for intense training sessions

How: Hydrate, have a balanced meal roughly 2 hours before training (protein, healthy fats, + small amount of carbs), fuel appropriately during the session (60-100g carbs per hour).

Why: So you have the energy to maximize your training.

4 Create a routine that supports your mental focus

How: Focus on what you're doing in each moment of training – live in the now. "Where your focus goes, your energy flows".

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.

*The recommended dose for non-endurance athletes is 10mg per day – but studies have shown that MitoQ is safe well beyond the recommended dose.

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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).

*The recommended dose for non-endurance athletes is 10mg per day – but studies have shown that MitoQ is safe well beyond the recommended dose.