

THE RECOVERY CHECK

Sheet 6 — Recovery Check (Chapter 9)

Run this honestly, not just when something already feels wrong. Use it weekly, or any time a session feels off.

Is a session that's normally manageable feeling harder than it should? ☐ Yes ☐ No

Has my motivation to train specifically — not motivation in general — dropped noticeably? ☐ Yes ☐ No

Is my sleep quality worse than usual without an obvious cause? ☐ Yes ☐ No

Is soreness from a normal session lingering longer than usual? ☐ Yes ☐ No

One "yes" on its own: note it and reassess at your next session.

Several "yes" answers together, persisting across more than one session: under this book's WPP recovery convention, that pattern is a real reason to reduce training stress. Bonus or optional volume goes first. In a strength- or endurance-priority block, maintenance work comes down next and priority work last. In a balanced block, reduce the least essential or most fatiguing remaining session while trying to preserve meaningful exposure to both strength and aerobic work.

Signals still present after you've reduced training: this is outside a training-load question. See Chapter 9's "When to Stop Self-Managing" and talk to your physician.