

Rest & Recovery

Body & health

What recovery involves, ranked by how much each part matters.

Roughly ordered by evidence and effect size.

Largest effect

Sleep — 7–9 hours

Adequate protein and total energy

Rest days between hard sessions

Moderate

Light activity on rest days

Hydration

Gradual load progression

Small or unclear

Ice baths — may blunt adaptation

Massage guns

Compression garments

Most supplements

Signs of under-recovery

Performance falling over weeks

Resting heart rate rising

Persistent soreness

Sleep getting worse, not better

Training is the stimulus; adaptation happens during recovery. Without the second, the first is just fatigue.