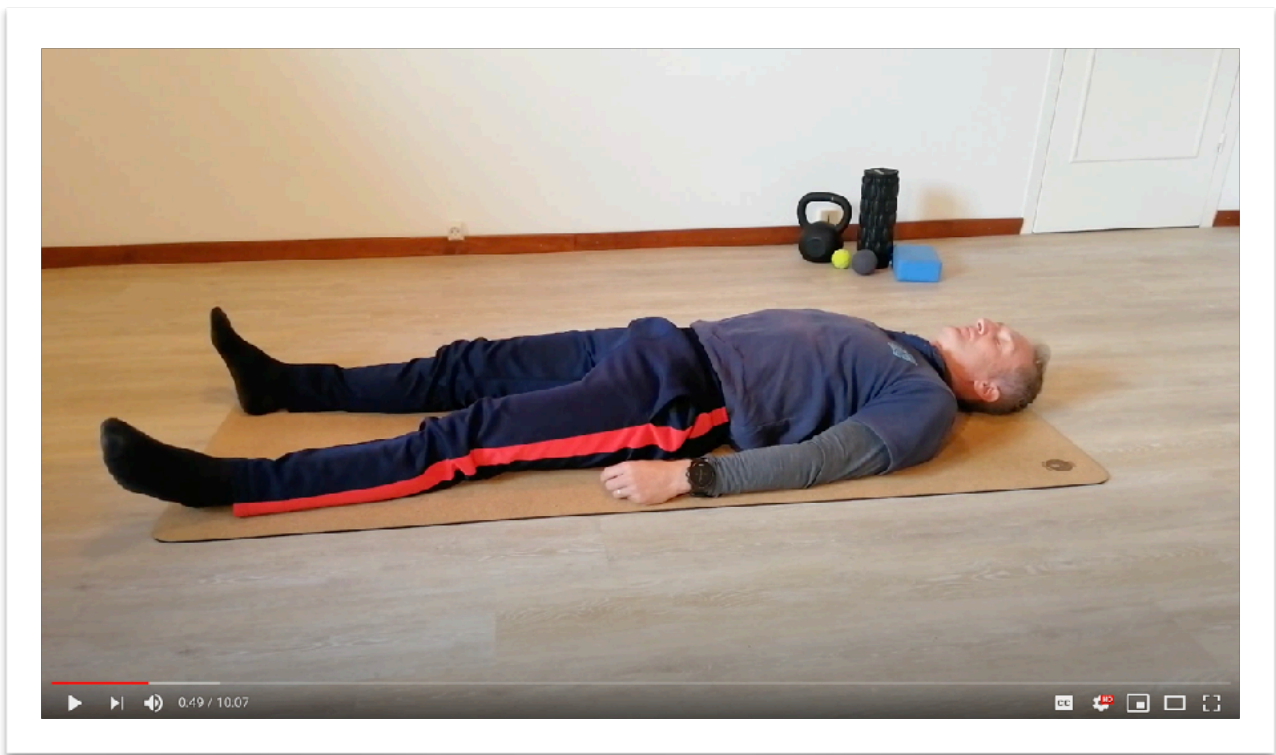


# Recover like a PRO.

## 12 Strategies To Recover Better And Faster.

Booklet created by Benoit Foucher.  
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Relaxation: an important skill. See at the end of this booklet for all details

## WARNING:

*I'm not a doctor, just a Peak Performance Coach who shares with you what I've found to be useful. If you use the information below not wisely, this is your choice and your responsibility.*

2020/03/10

*Before anything, know this: things change. Scientists discover things that contradict what others have discovered before. So, in order to be a Peak Performer or a Peak Performance coach, we need to adopt a growth and curious mindset.*

*In other words, **this booklet reflects what I believe at this date.** And we'll see later what will have changed.*

*Enjoy!*

*Benoit*

*2025/03/25 Same same!*

## Introduction

Between the ages of 17-21, I wanted to be the best possible tennis player. My strategy for training was rather straightforward: to go hard the first day, hard the second day, and hard again all the following ones!

You might think that when I was tired, I was slowing down my intensity. Nope! I kept pushing the pedal to the max...until I "collapsed". Enough, can't push any further. This was my gauge to know I had done enough, I had pushed to my limits of the moment. To be honest, I think it was reassuring for me to feel exhausted, a good sign I certainly did my best. The question is: was it?

In any case, this was the way I used to train, to push-push-push till I can't do it anymore.

This system had some value. I think it made me tougher. It also made me feel that I can count on myself in challenging times. And overall, I can also say it helped me to know myself better.

On the other hand, this system came with some cost: I was in the **over-training zone most of the time**, and **got injured frequently** (shoulder and upper back mostly).

In other words, I was a fit, tough, and often injured and depressed young man!

And yet, despite these discomforts, call it passion, stubbornness, fear for not training enough compared to the other ones (or all together!), I still followed this system for years!

WE CAN DO BETTER than my 20 year old self!

**This booklet is for you to know better.**

In fact, if you really wish to be at the top in your sport, **you need to BECOME A Master in RECOVERY!**

The alternatives? Excessive fatigue, injuries, lack of improvements, psychological issues including depression.

We can even add poor self esteem to the list: after all, you pushed hard and didn't get result so it should mean you're not good enough, isn't it? (THE ANSWER TO THIS QUESTION IS NO. And, this is what your brain might want to tell you though.)

As explained, I went through all of them and I wish better for you.

So, in this booklet you will get all the things I find useful for recovery at the moment.

If you want to follow my path, you'll only need to buy 2-3 things, the rest is no-tech at all.

At the end of each chapter, you'll find one suggestion for you to follow. See and feel if it makes sense for you. Most likely not all of them will resonate with you.

And if only one does, then this will be a good and useful improvement.

Last note before diving into it: if you have found things that do help you to recover, please tell me, happy to learn!

Ok, enough blabla Benoit!

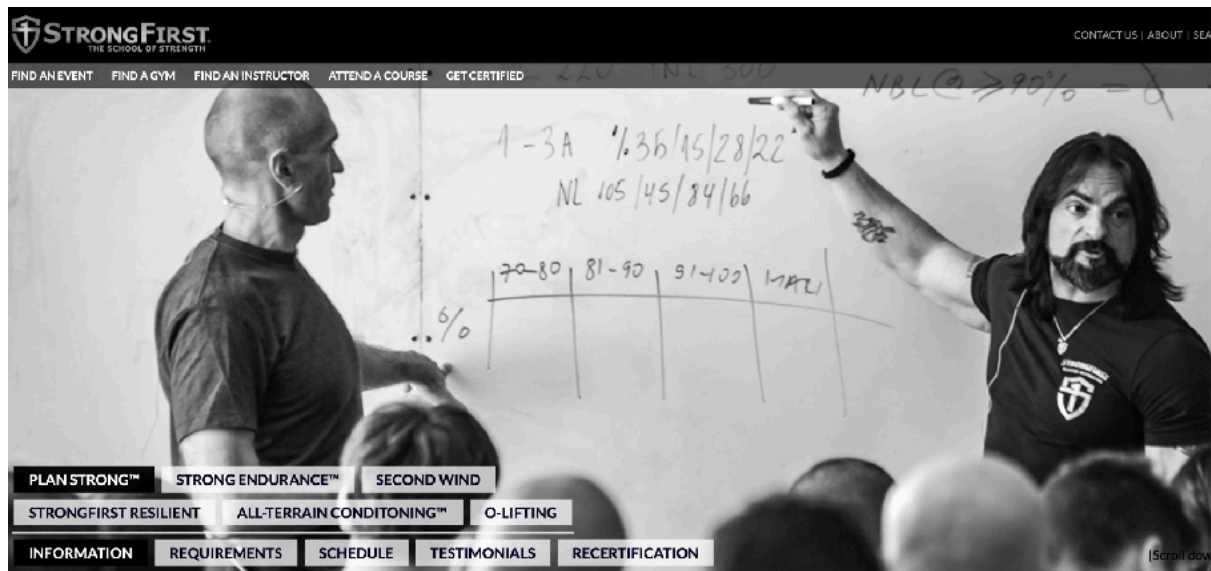
Let's dive into it.

## Table of Contents

<b>Introduction.....</b>	<b>2</b>
<b>Chapter 1: How to use Russian scientist protocols to program recovery in your schedule .....</b>	<b>6</b>
<b>How to wave your training load .....</b>	<b>8</b>
<b>Chapter 2: How your sympathetic/ parasympathetic system balance affects your recovery and immunity, and how to switch from one to the other .....</b>	<b>10</b>
<b>How Do You Activate Your Recovery With Your Parasympathetic Nervous system?.....</b>	<b>11</b>
<b>VERY IMPORTANT: signs that your parasympathetic systems doesn't work optimally.....</b>	<b>11</b>
<b>Chapter 3: Heart Rate Variability: a great way to assess and adjust your recovery beyond "I feel good/bad today" .....</b>	<b>13</b>
<b>HRV to adjust your training .....</b>	<b>15</b>
<b>Chapter 4: Sleep &amp; Nutrition related to Recovery .....</b>	<b>16</b>
<b>Sleep Quality .....</b>	<b>16</b>
<b>Nutrition Quality.....</b>	<b>17</b>
<b>Nutrition timing and recovery drinks.....</b>	<b>18</b>
<b>Chapter 5: Neurotype To The Rescue To Personalize Your Recovery ...</b>	<b>21</b>
<b>Recovery for 1B:.....</b>	<b>23</b>
<b>Recovery for 2A: .....</b>	<b>23</b>
<b>Chapter 6: A Few Useful Recovery Techniques.....</b>	<b>24</b>
<b>How to do Shavasana/ Relaxation Lying Down .....</b>	<b>24</b>
<b>Stretching and breathing for recovery .....</b>	<b>24</b>
<b>Cold and Heat .....</b>	<b>26</b>
<b>Compression boots .....</b>	<b>27</b>
<b>Grounding.....</b>	<b>29</b>
<b>Chapter 7: Magnesium and my Choice for Alka 12.....</b>	<b>31</b>
<b>Conclusion .....</b>	<b>33</b>

## Chapter 1: How to use Russian scientist protocols to program recovery in your schedule

As explained in the introduction, if you push hard all the time in your training, you won't be able to recover well. According to Pavel Tsatsouline, your endocrine system can only deal with 2 hard weeks



Plan Strong seminar, with Pavel Tsatsouline and Fabio Zonin

per month.

It doesn't mean that you don't train the remaining 2 weeks, it means that you just train less hard.

[Watch this great interview on the Joe Rogan Experience](#) if you'd like to dive into the fascinating world of Pavel.

Waving the training load is one of the core principles that made Russian athletes so successful in the 80's (yes, doping was not the only reason, and actually they didn't have the monopoly for doping use either!), and one that I've learned and value so much from my [Strongfirst](#) education.

A few definitions before going any further:

**Intensity** means how hard you train compared to your max. If we talk about strength, this means the percentage of your maximum

repetition (1RM %). For instance, my max Deadlift is now 210KG, so 80% of my max is 168KG. In general for strength development, spending the most time around this % is ideal, though it is important to go higher some days, and lower other days.

So in short, intensity is your % effort compared to your max, per session/ day/ week...etc.

**Volume** is the total amount of work done. If we talk about your endurance work, this could be the total of minutes spent running at under your [MAF heart rate](#) (low heart rate).

In short, volume is the total of work done, also per session/day/ week..etc.

The main idea with this Russian philosophy is that you cannot train hard (intense) and with lots of volume, every day.

Instead, both need to be varied all the time. This means some days you train for 20 minutes at low intensity and you're good. Other days for 7 hours with different trainings, some of them at high intensity!

*To note: in the Russian methodology, volume and intensity are not varied in relation with the each other, compared to other traditional methodologies.*

*For more information about the use of variability in strength training, attend a [Plan Strong](#) seminar.*

Now, related to our recovery topic, here is the interesting bit: we can use the same principles for the load/ deload of your training, or, as my friend Pierre attempt to do in his tree trimmer work.

By **changing intensity and volume all the time**, you'll end up remaining fresh and motivated, while your improvements keep coming along the weeks/ months and years to come.

Very different from what I (and most of athletes around the world) used to do: training hard all the time, then getting depressed or exhausted with overtraining.

## How to wave your training load

### A simple method:

- during the week, wave the loads in your activities: some days go hard.  
Other days go easy.  
And finally the bulk of the training go with moderate loads.
- Do not have several days in a row finishing totally exhausted.
- **A minimum of one rest day per week** is very often a great idea.

### A more advanced method, Russian style:

- discern the qualities that you aim to train for this current training cycle: speed, endurance, sport specific endurance, power, strength.
- for each of them, do a minimum of 20% variation of intensity between 2 consecutive days, and same with volumes.

Example: first day you train 30 min morning easy run, then 4 hours tennis at moderate intensity, and evening 20 min of interval training.

2nd day: 3 hours tennis, 30 min strength training

3rd day: 1 hour of easy tennis playing with your relaxation, 20 min recovery bike, 50 min stretching.

4th day: 5 hours tennis, 10 minutes interval training, 20 min strength training

You got the idea.

*(of course, building your strength training related to timing is not an intelligent thing to do. I've just done this to make the point for variation of loads).*

NOTES TO Teenagers:

**- for 16 years old and above: 80% of your time must be devoted to the practice of your sport and the many skills you aim to develop.**

**- for 6-12 years old: the priority is to become an athlete, therefore do many sports and build your agility, strength, endurance while having lots of fun.**

**1st strategy:** look at your training load. See if you can wave the loads more often. Can you change anything so you have more time to recover?

## Chapter 2: How your sympathetic/ parasympathetic system balance affects your recovery and immunity, and how to switch from one to the other

We have 2 different divisions with our nervous systems: parasympathetic and sympathetic.

The former is what is in charge of automatic functions such as our heart beats, our digestion, our immune system, our salivation and even our sexual responses.

The latter is in charge of all you can think of when you are in action mode: thinking, lifting weights, running..etc.

What's important to know: when you train, you (hopefully) create a positive stress in your body using your sympathetic nervous system.

The thing is: if you only have this part, you don't improve from your training!

You only improve once your parasympathetic system has done its work.

When the job is done optimally, you have recovered and built more resources (strength, stamina, speed, reflexes...etc) than before you trained!

When the job is not done optimally, you suffer from the consequences (read below the "signs your parasympathetic system doesn't work well").

It's worth repeating in a different way: you improve, in anything, only when your parasympathetic system has done its job. Which build the next obvious question:

## How Do You Activate Your Recovery With Your Parasympathetic Nervous system?

This system is on when you are in (real) resting mode.

Which means that **smart phone and video games is NOT resting, you're are still under a form of stress**, even if it feels good!

You are activating this mode when:

- you sleep
- you are doing shavasana at the end of a yoga session. It's translated to dead corpse pose (see "How to do Shavasana" later in this document)
- you meditate
- you are doing long stretching poses using gravity and insisting to have looong exhales.
- you are doing breathing exercises specific for this

**VERY IMPORTANT:** signs that your parasympathetic systems doesn't work optimally

If you see that:

- you train hard and don't gain much from your efforts (let's say you want to build strength and you don't, even though you think you have a good plan)
- you are often tired
- you are often sick
- you are injured quite often

These are signs that you don't recover well.

Note that **your immune system and parasympathetic systems are activated together.**

So, if you are quite often sick, you probably need to relax more.

YOUR RECOVERY IS A SKILL YOU NEED TO INCORPORATE EVEN MORE IN YOUR DAYLY TRAINING THEN.

**2nd strategy:** think about the sum of the things you do with your sympathetic system. Do the same with your parasympathetic one. Are they in balance? If not, read my next suggestion in the following chapter.

## Chapter 3: Heart Rate Variability: a great way to assess and adjust your recovery beyond "I feel good/bad today".

HRV or Heart Rate Variability, has been shown to be a great indicator for your readiness to exercise, and much more.

How does it work: I have a specific monitor and app, called [Morpheus](#), that looks at my heart rate AND the intervals between each pulse.



From these 2 and half minutes morning test, the app tells you:

- **whether you have well recovered** from the previous day
- **whether you are in a state of recovery.**
- **whether you are in a state of high stress.**

**Important: stresses add up.**

For instance, arguing with your wife, drinking (too much) alcohol, waves of fear propaganda from medias and governments, these add to your training regimen.

Your morning test will give you clues whether you cope with all of these.

I believe the most important is that this becomes a tool to become aware of the impact of your various activities on your overall health and performances.

Over time, you are able to predict, assess and adjust the load of your training so that you don't burn out as I used to do.

For more information about Heart Rate Variability, I've recorded this Facebook live free seminar by Joel Jamison, the founder of Morpheus. [CLICK HERE TO LISTEN.](#)



As you can hear at the end of it, Joel says **there are other reliable systems**, including HRV4training (update 10 march 2020, just downloaded it, seems like it slightly different things to look at) and Omegawave, probably the Rolls-Royce for this type of tracking.

## HRV to adjust your training

At the end of the morning tracking, you will know if:

- your recovery is within the range of your "normal" baseline
- you are more in sympathetic mode. This happens when your recovery % is low and your HRV is higher than usual. In this case, they recommended to add "Stimulation" exercises like cryotherapy or sauna to your day.
- you are more in parasympathetic mode. This happens when your recovery % is low AND your HRV is low. In this case, if you can, you really need to insist on all the recovery exercises including relaxation, swimming. Your body is under stress and adding much work on top of it would not be beneficial. If you are in competition, the only solution I've found is to do a longer warm up than usual, starting slow and taking your time to add intensity.

More details about using the results of your morning test [here](#).

**3rd strategy:** if you guessed from the previous chapter that your sympathetic-parasympathetic balance is not ideal for you, or if you wish like me to assess your fatigue and stress levels on a daily basis, [I suggest you invest and train with Morpheus.](#)



## Chapter 4: Sleep & Nutrition related to Recovery

### Sleep Quality

The simplest strategies are often the most effective ones.

I heard Lebron James and Roger Federer saying they sleep... a lot. Pavel Tsatsouline recommends athletes to nap every day on top of 9 hours of sleep per night.

Reminder from the second chapter, this is mostly when we sleep that our bodies and minds regenerate and build an even stronger self.

Skip this and pay the price.

Also, it's important to note that **quality of sleep matters**.

[Here is an article I wrote with more strategies for a better sleep.](#)

A summary of what I've found the most useful on this topic:

- for most people, **hours of sleep before midnight** are most important for recovery.
- **no electronics** in your bedroom. Actually, no phone, computer or video games late in the evening.
- **keep your bedroom pitch dark** (or only the light from the moon and stars).
- **put a tape on your mouth** so you breathe through your nose during 7-10 hours. Since I do this, my morning recovery has improved and I feel calmer. Here is [one of the many articles](#) on this particular topic for you.
- keep **room temperature fresh**. Though I like it even colder, 17C° seems to be best for most people.
- **go to bed 3 hours or more after your last meal**. Yes, it might mean eating earlier than before.

**4th strategy: improve the quality and/or quantity of your sleep**

## Nutrition Quality

As for food, the same is true: quality is king.

As my friend Andrew Cox, top level fitness and health coach in Hong Kong, told me: "2400 calories of junk empty "food" has a totally different impact on your body than 2400 calories of fresh natural and organic food. Quality matters a lot."

So, to tackle this topic, we need to be pragmatic.

First, I believe you need to figure out your macro nutrients ideal portions. Meaning how much protein, fat and carbs is good for you.

For example, at some point I saw Arthur eating pasta (carbs) for lunch, bread (carbs) and rice (carbs again) for dinner, maybe with a bit of meat, so I suggested to him that he might need less carbs and more fats and proteins. Especially when we witnessed his performances declining during a tournament (which also showed on the HRV app).

Having said this, I've heard some people are "carbs machines" and they can thrive on a carbs basis.

Bottom line: we are all different, seasons, moods, periods in our lives change us, therefore it's definitely not the moment for me to tell you that you need to do this specific diet, for the good reason that I have no clue what's good for you!

For what it's worth, I thrive on paleo diet, meaning meat-fruits-veggies-good fat. As soon as I take too much bread or rice (I don't have pasta anyway), I pay the price with mood, skin and digestion issues.

Anyway, you are the one in charge to figuring what kind of food intake is most suited for your health and performance!

### **5th strategy: assess and realize what's your best diet.**

For most people, without taking many risks, I can say that:

- there is an ideal balance for your macronutrients (fats, carbs, proteins) intake. Find it.
- whenever you can, **eat locally** produced food: more nutrients, better taste, less pollution, support of local economy, it's all positive for everyone.
- buying **organic** is a better investment than health diseases to treat later.
- despite what vegetarians might say, (and I've paid the price to tell you this), I now believe that **most people need animal proteins** in their plate at least a few times a week (and it depends on your genetics).
- **fruits & veggies are for everyone**. I know I know, there is the carnivore diet that is very useful in some cases.
- **water** +++
- **vary the colors** in your plate.
- **intermittent fasting** once in a while is a good idea to help your body cleansing and operating better (not for teenagers).

AND:

- sodas have no place in your diet.
- nor junk food.
- fast food chains don't provide food: they provide dis-eases, your choice.

### **Nutrition timing and recovery drinks**

In the fitness and performance world, it is often said there's a 20-30 min ideal window to ingest food to replenish your system.

For example, [this study](#).

To be honest, like many things nutrition-wise, I have no idea whether this is an absolute truth.

For instance, I've heard Pavel saying to create more mitochondria it's better to do your endurance training fasted, and only eat several hours after exercising. So, who knows...

Regardless, I've heard from 3 reliable sources for me, Dan Ellis (nutritionist at the Lawn Tennis Association), Gareth Shelbourne (fitness coach at Move4sport, who also helps Arthur) and Mike Mancias (Lebron James fitness and recovery coach). All of them recommend the 20 min window for recovery food.

So, if it makes sense for you, right after your competition you can:

- eat in this 20 min window. Note that fat is not easily digested then, so focus on carbs and proteins.
- or have a drink with **quality** carbs and proteins. Things I like to look at when I read the product details:
  - organic food.
  - no maltodextrin or similar complicated words.
  - if you know you have **intolerances/ allergies**, like me with soy (note: most people cannot digest well soy), be sure it's not there.
  - proteins: for whey, I choose **organic grass fed whey protein concentrate**, more natural. Otherwise pea protein, brown rice protein, chia seeds protein, all good.

Here is a whey protein that fits my criterias:

<https://www.nowfoods.com/sports-nutrition/grass-fed-whey-protein-creamy-vanilla-powder>

And here is a plant based protein if you go for Lebron's coach's recommendation:



ROTEIN\*,  
I ORGANIC  
ICE

DEXTRIN\*, RICE BRAN EXTRACT\*, ROSEMARY EXTRACT\*), ERYTHRITOL\*, **ORGAIN ORGANIC 50 SUPERFOODS BLEND™** [MILLET\*, AMARANTH\*, BUCKWHEAT\*, QUINOA\*, CHIA\*, KALE POWDER\*, APPLE PULP\*, CINNAMON\*, ORGANIC SPROUTS BLEND (AMARANTH SPROUT\*, QUINOA SPROUT\*, MILLET SPROUT\*, BUCKWHEAT SPROUT\*, CARBANZO BEAN SPROUT\*, LENTIL SPROUT\*, ADZUKI SPROUT\*, FLAX SPROUT\*, SUNFLOWER SPROUT\*, PUMPKIN SPROUT\*, CHIA SPROUT\*, SESAME SPROUT\*), ORGANIC SUPER VEGGIES, SUPER BERRIES, SUPER GRASSES AND SUPER FOODS BLEND (ACAI\*, CRANBERRY\*, WHEAT GRASS\*, BARLEY GRASS\*, OAT GRASS\*, BANANA\*, MANGO\*, BEET\*, CARROT\*, SPINACH\*, BROCCOLI\*, TOMATO\*, KALE\*, CABBAGE\*, PARSLEY LEAF\*, BRUSSELS SPROUT\*, GREEN BELL PEPPER\*, CUCUMBER\*, CELERY\*, GARLIC\*, GINGER ROOT\*, GREEN ONION\*, CAULIFLOWER\*, ASPARAGUS\*, PINEAPPLE\*, TURMERIC\*, STRAWBERRY\*, TART CHERRY\*, BLACKBERRY\*, BLUEBERRY\*, RASPBERRY\*), NATURAL FLAVOR, SEA SALT, ACACIA GUM\*, GUAR GUM\*, XANTHAN GUM, STEVIA\*, ORGANIC FOOD BASED VITAMIN C (AMLA FRUIT EXTRACT\*), **ORGANIC FOOD BASED B VITAMIN BLEND™** (GUAVA\*, HOLY BASIL\*, LEMON EXTRACT\*), PROBIOTIC (BACILLUS SUBTILIS)

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**6th strategy:** buy some quality protein if you know it will be more convenient in your situation (than having a quality meal right after your training/ competition).

## Chapter 5: Neurotype To The Rescue To Personalize Your Recovery



Christian Thibaudeau and his Neurotype system

*March 2018: Arthur is in his first ITF Junior tournament final. Throughout the week, he and I have seen a decline in his ability to recover well.*

*The first days what made sense is just go for it, and the only recovery method used is to train again in the evening, easy pace, just to relax and adjust technical points.*

*Then, after his semi final, we make one fatal change. We choose to rest all the afternoon.*

*The final is hard to watch: Arthur, who is usually quite amazing in his agility and coordination, can't do half of what he usually does.*

From this experience, I made the first conclusion that doing something every day was better, for him, than doing nothing: his engine has to keep going otherwise it turns to chilled mode. This

conclusion was confirmed with new tournaments. And still not perfect.

It's only when I came across Christian Thibaudeau's work on "neurotyping", than it finally clicked.

Here is the summary of it.

If you are interested in the topic, ask me: I have taken copious notes from all the podcasts and articles he did. I then became certified in it, which I won't share in order to respect his product.

### Summary neurotyping:

- His neurotyping system comes from the amount of specific neurotransmitters that we each have.
- depending of this amount, he discerned 5 types of athletes:
  1. 1A: the brute force guys. Think Eddy Hall.
  2. 1B: the acceleration type of athletes. Usain Bolt.
  3. 2A: those who can do absolutely anything. Tom Cruise. Rafa Nadal.
  4. 2B: the ones who need to feel the sweat and work, typically body builders. Arnold?
  5. 3: the long endurance types of athletes. Gebrselassie.
  
- for high level tennis players, athletes are mostly 1B and 2A (maybe some 3 as well, and maybe Raonic is an exception being a 1A?), because both have a high amount of acetylcholine, which does help for coordination.
- 1B: thrive on explosive work. Easily bored, need stimulation because at rest they tend to be too much chilled. They perform better in competition than in practice. Arthur is a typical 1B athlete.
- 2A: they need change in their training load every 2-3 weeks because even though they are good at everything, their neurotransmitters reserves are moderate. In competition, if stress is too high, they tend to have a hard time (therefore they need even more to train their

relaxation).

### Recovery for 1B:

Christian recommends, as crazy as it sounds, **explosive work!** Not for long. The goal is to stimulate dopamine in the recovery process so you're not too chilled.

First time I did this with Arthur, I was skeptical: you mean, doing jumps, sprints over stairs AT THE END OF A DAY with one single match + one double match, really?!? Then he kept winning tournaments and I didn't see much of the agility coordination issue we had before. So, I guess it works!

Update 10 march 2020: I've added into the mix some Easy Strength training 1-2 times a week. Even some slow steady bike for 10 min. As long as I finish the day with some explosive work, we're good!

### Recovery for 2A:

This one falls into the typical way to recover:

- 20 min jog at low intensity
- you flush the body from the toxins of the day
- you prepare your body to go in parasympathetic mode
- add some long stretches to feel good
- a relaxation of 5-10 min lying down

Note for 2A: since they have a harder time under very high stress, compared to 1B, they benefit from a **lot of volume** (high training volume is good for them in general) of endurance training. This way their heart rate can remain low longer. And therefore they don't need to go into high stress mode.

And, I know I repeat, they also need lots of relaxation.

**7th Strategy:** find out what neurotype you are and what would be your ideal recovery training modality. You can [do the test here.](#)

## Chapter 6: A Few Useful Recovery Techniques

### How to do Shavasana/ Relaxation Lying Down



**8th Strategy:** [do this relaxation to recover faster](#). It's actually not exactly shavasana, and it's the same principle and effects.

You can also do [this breathing practice](#) lying down to accelerate your recovery and be in your parasympathetic nervous system right away.

**WARNING:** if you do this before a competition, you need to add some sprints afterwards, otherwise you'll be too chilled!

### Stretching and breathing for recovery

Despite what other coaches might say, I enjoy long stretches. Body mind spirit are linked, and long stretches feel great! So, what follows is my recommendations based on my experience.

When we aim for recovery, we don't want to make any effort, just use gravity and relaxation, and let it happen!

Breathing: For all the exercises, I suggest using the following breathing pattern: 4 counts inhale, 6 to 8 for exhales. The idea is to insist in the letting go part that occurs with the exhales.

Here is a video in French (you can put subtitles in English) to illustrate the exercises that follow:

# Récupère comme un Pro



For the legs:

- Feet and butt against a wall. Start legs touching each others, then spread them apart. You can stay in this position for 20 min, again, insisting on the exhales in your breathing.

For your back and shoulders:

- Hanging on a pull up bar, feet touching the floor if you like. Feel your spine getting some space, add a “haaaaaa...” exhaling for extra relaxation.
- you can also do this exercise for your shoulders flexibility (click on the image to watch the video)



**9th strategy:** do these long stretches on the evening so you'll feel more relaxed and facilitate recovery.

## Cold and Heat

**Heat** helps to relax.

**Cold** helps to stimulate. And I think Wim Hof has shown enough spectacular changes in his body adaptation and the ones he taught, to make it a valuable tool for performance and in our case, recovery.

Sometimes we need heat (especially end of the day), we need cold (especially beginning of the day), sometimes both. One strategy is to

go from sauna to ice bath after your competition. Not too long, a few minutes are enough!

Personally, I've witnessed that exposed to light cold, my heart rate slows down and I feel rejuvenated. Having said this, I also have an allergy to cold, so if I stay too long, I do have skin issues and heart rate going wild. Not fun.

**10th strategy:** Test ice bath, sauna and hammam, and see if it's useful for you!



Wim Hof and his breathing and cold strategies to become super human

## Compression boots

Since 2023, Arthur uses compression boots during competitions and before bed time. It's an investment, about 500euro. And he says it helps him quite a bit.

In any case, he uses the brand Therabody: <https://www.therabody.com/us/en-us/recoveryair-compression-boots/>



**11th Strategy:** if recovery is very important for you, buy compression boots.

## Grounding

There is a growing evidence that (re)connecting with the Earth helps us in many ways. It's been shown that it can decrease inflammation and helps being more calm.

Personally, I know it helps me in places where there's a lot of EMF emissions (they call it "smart" cities with bluetooth and wifi everywhere).

This is one of the reasons my wife and I chose to live in nature, between trips it helps me quite a bit.

The technique is very straightforward: remove shoes and socks, and connect your bare feet with the earth (grass, sand..etc).

A physio friend uses this technique to fight jet lags.  
Simple!

If you are curious about the benefits of such practice, here it is on the topic: [https://www.sciencedirect.com/science/article/pii/S2319417022001706?](https://www.sciencedirect.com/science/article/pii/S2319417022001706?utm_acid=82792186&SIS_ID=&dgcid=STMJ_AUTH_SERV_PUBLISHED&CMX_ID=&utm_in=DM327306)

[utm\\_acid=82792186&SIS\\_ID=&dgcid=STMJ\\_AUTH\\_SERV\\_PUBLISHED&CMX\\_ID=&utm\\_in=DM327306](https://www.sciencedirect.com/science/article/pii/S2319417022001706?utm_acid=82792186&SIS_ID=&dgcid=STMJ_AUTH_SERV_PUBLISHED&CMX_ID=&utm_in=DM327306)

Finally, another tennis pro that I see quite often told me he bought an earthing matress to his dad and that it has helped him to sleep. Not sure what to think about it. Maybe!

**12th Strategy:** practice earthing quite frequently.

## Chapter 7: Magnesium and my Choice for Alka 12

- Magnesium is an essential component for healthy living.
- According to some experts, 9 out of 10 American people lack magnesium.
- According to others, it's impossible in our modern world and our soil nutrient depletion (thank you glyphosate, Monsanto and co) to have enough magnesium.
- Magnesium takes part in more than 300 enzymatic reactions in our bodies.
- Magnesium helps recovery for about everything: muscles, tissues, joints and even bones.
- Magnesium activates the parasympathetic system and Gaba neurotransmitters, which helps for sleep.

Even though I've read some guys are skeptical for absorption of Magnesium through the skin, my experience shows the opposite: there's a difference in my morning Morpheus recovery app when I've applied Magnesium before going to bed.

I also believe it has helped Arthur after tough matches as well.



I used ALKA 12 before. I met the owner in Hong Kong in 2017. He's genuine and it has helped him to recover from very serious injuries so now he's dedicated to help others with this top quality product.

*Seems like he discontinued the products. Too bad. Still a good idea.*

For your education on the topic, I would refer to 2 video/ article that made sense to me:

- 8 Signs you don't have enough Magnesium in your body: cramps, sleeplessness, difficulty to deal with stress, weak joints and bones, weak muscles, high blood pressure, constipation, fatigue: <https://youtu.be/gkgNtNUQgQo>

- this one about transdermal magnesium: <https://www.thetideswellness.com/research-transdermal-magnesium/>

Note: of course you need a great nutrition first. Supplementing a crappy diet won't make miracles!

**13th suggestion:** buy topical magnesium. Use the gel after training and competition.

## Conclusion

Here we go. You now have my basic strategies to recover well.

To recap:

1. Wave the loads of your training: if you train hard with maximum physical efforts all the time, you'll pay the price soon or later.
2. Understand the need for Sympathetic/ Parasympathetic balance.
3. Assess and Adjust your Training with an app that calculate your Heart Rate Variability.
4. Sleep and Nutrition: Quantity AND Quality matter. You might want to buy a quality protein powder to have a shake right after training/ competition.
5. Understand the kind of Recovery you need depending on your Neurotype
6. Relaxation.
7. Long stretches on the evening.
8. Play with heat and cold
9. Apply Magnesium to your skin

And yes, there are other and more advanced methods to help recovery: creatine, specific BCAA, electro stimulation..etc. Having said this, I believe most of us don't fail because of high end techniques: we are not optimized because we don't master the basics.

Hopefully with this document, you will.

Enjoy and happy recovery to you!

Benoit