

# The Daily Push | Programming x Recovery Guide.

	Type of session	CNS Fatigue	Extra Fatigue	Time to Recover	Ideal next session
1	<b>Hammer sesh/filming one gap/rail trick</b> (WITH some slams)	High	Tissue damage	1-7 days+ (+/- depending on extent of damage)	4, 5, 6
2	<b>Hammer sesh/filming one gap/rail trick</b> (landed quick with NO slams)	Low - medium (depending on duration x RPE)	Light tissue damage	24 hours	3, 5, 6, 7, 8, 9
3	<b>Line session/filming multiple tricks</b> (short rest/RPE high)	High	Energy (glycogen) depletion	24-48hours	2, 4, 5, 6
4	<b>Line session/filming multiple tricks</b> (long rest/RPE low)	Low-medium	-	24 hours +/-	2, 4, 5, 6
5	<b>Sessions with single trick long manny's/grinds/slides</b> (low RPE)	Medium - high (depending on duration x RPE)	-	24-48hours	2, 4, 5, 6
6	<b>Chilled session</b> - eg skating flat, park (low RPE)	Low	-	24 hours +/-	Any
7	<b>Skatepark intense session</b> (short rest, high RPE)	High	Energy (glycogen) depletion	24-48hours	2, 4, 5, 6
8	<b>Hectic session</b> - filming/busy spot/park/competition (short rest/high RPE)	High	Energy (glycogen) depletion	24-48hours	2, 4, 5, 6
9	<b>Sessions with max effort pops</b> (medium/long rest)	Medium - high (depending on duration x RPE)	-	24-48hours	2, 4, 5, 6

## Key

<b>CNS Fatigue</b>	Central nervous system (CNS) fatigue builds up in your brain/spinal cord, and the pathways between them and your muscles. This fatigue literally inhibits your ability to contract as much muscle as normal, and as fast as normal, meaning your pop and power drops & skating takes more effort.
<b>Extra Fatigue</b>	Extra fatigue is other kinds of fatigue that can carry over into following sessions and affect those sessions. This can be tissue damage from slams/impact, or energy depletion from intense sessions.
<b>Glycogen</b>	A limited energy supply used for faster, more powerful movements
<b>Tissue</b>	Tissue is all the different materials your human vehicle is made of - muscle, tendon, etc.
<b>RPE</b>	Rate of Perceived Exertion (RPE): means how much effort something feels to you.

## Recovery multipliers (each of these variables can increase the need for more recovery)

Session duration	Energy depletion
Session duration x RPE	Psychological stress
Tissue damage - tweaks/slams/shiners/etc	Underrecovery from previous sesh
Short rest in between tricks	Recent "Life stress"
Long held manny's/grinds/slides	

Example Program	Type of Session	Session Number
Monday	Any session	Any
Tuesday	Light skate / training	4 / 5 / 6
Wednesday	Any session	Any
Thursday	Light sesh / training	4 / 5 / 6
Friday	Light sesh / practice trick for Saturday*	4 / 5 / 6 / 2*
Saturday	Heavy street mission	1 / 3 / 7 / 8
Sunday	Light sesh / active recovery / rest	6

Session RPE Log																				
<b>Date</b>																				
<b>RPE</b>																				
<b>Duration</b>																				
<b>Total</b>																				

Session RPE Log																				
<b>Date</b>																				
<b>RPE</b>																				
<b>Duration</b>																				
<b>Total</b>																				