Axklo

Rest and recovery

You get stronger while you rest, not while you train.

1. Sleep is the cheapest recovery tool there is.
2. Feeling tired or sore for days means you need rest, not more.
3. Don't train through an injury to stay on the team. Tell your coach and get it checked.
4. Rest days are when your body actually gets stronger.
5. If something hurts for more than a few days, don't push through it. See a professional.
6. Stress counts as training load too, so go easier in tough weeks.

Need help right now? Call your local emergency number. Free helplines: https://axklo.com/safety/help