

Recovery week audit

Review fatigue and reduce the right demands.

01 / Understand the starting point

Recovery is the response to the whole week: training, work, sleep, food, illness and other stress. An isolated supplement or mobility drill does not erase an excessive workload.

02 / Make the useful distinction

Compare recent performance with normal daily energy. A difficult day is not automatically a problem, but repeated deterioration warrants a closer look.

03 / Put it into practice

Reduce optional sets, demanding conditioning or schedule pressure where useful. Keep comfortable movement and familiar technique if appropriate rather than replacing fatigue with a novel maximal circuit.

04 / Review and adapt

Persistent unusual fatigue, pain or neurological symptoms deserves clinical review. A lighter training week is a scheduling tool, not a diagnosis or a guaranteed medical treatment.

Original education and planning material. Sources support the general context; sample schedules and worksheets are editorial applications, not tested individual prescriptions.

Put the guide to work.

A worked example, then your own next step.

A practical example

The week includes overtime and two hard sport sessions. Keep two brief strength anchors, trim accessories and make aerobic work easy. Restore extra work only after reassessment.

Your decisions

What task or goal do I want to improve?

What is my starting point and what remains uncertain?

Which detail changes my next useful action?

What would make the action easier to repeat?

When will I review it, and what would require earlier help?

Use the platform

Training: compare programs and technique guides. Daily: generate a session or arrange a week. Planner: calculate targets and select meals. Progress: record completed work. Learn: return to clinical reading when symptoms need professional assessment.

Your working record.

Printable worksheet; use the companion CSV for an editable version.

Week demand	Sleep / energy	Performance	Demand to reduce	Return criterion

Evidence and original clinical reading

<https://www.who.int/news-room/fact-sheets/detail/physical-activity>

This original workbook is free to keep and use. The source provides background reading; examples are practical frameworks to adapt. Individual medical and nutrition needs require suitable professional advice.