



## **IN-BODY RECOVERY**

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### **OVERVIEW**

Some misunderstand that the magic of training happens AFTER the workout, as this is when the major changes in muscle architecture and metabolism occur. Failing to allow the body to recover puts exercisers at risk for decreased performance, exercise burnout and ultimately injury. Gain an understanding of the available strategies for boosting acute and chronic recovery; what works, what doesn't and how and when to implement techniques to get the most out of performance.

### **OBJECTIVES**

- Examine the signs and symptoms of overtraining syndrome.
- Explore the differences between functional and non-functional overtraining
- Learn strategies for the prevention of overtraining syndrome
- Evaluate and consider various recovery methods and their effectiveness, risks and benefits.

### **SUMMARY**

Examine and explore types of recovery and recovery techniques

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