

Are You Recovered?

One of the hardest parts of this entire program is getting the balance between causing stress to your body (ie. exercising, taking cold showers, fasting etc) to force the adaption response and recovering to allow the body to build back stronger. Some of you won't be doing any stressing at all and will only be focussing on recovery, for the initial stages at least, so in a way you have it easier, for the rest if you this is a question you have to be able to answer.

So how can we know if we are good to carry on pushing ourselves, or if we should just take it easy and have a recovery day?

Enter HRV.

Heart Rate Variability (HRV) measures the ability of the heart to adapt its rhythm based on what is happening to it. Thus it should speed up slightly as we move from sitting to standing, or standing to running. It is so sensitive it should even change between breathing in and out.

This flexibility is what we are measuring when we measure HRV. Contrary to popular opinion the heart beat should not be even and regular but should be changing tempo all the time. The fitter and healthier we are in general the more variability we should have.

So as heart rate variability increases we can say we are getting fitter as it decrease we are getting less fit. But it also changes day to day.

Starting to come down with a cold? HRV will drop in the days before hand (so you can catch it early and not go for that big night out that will push you over the edge).

Likewise it will also drop when we are still in need of more recovery.

A WORD TO THE WISE

HRV is NOT heart rate, these are 2 totally different measurements and while they are interrelated for our purposes we are only looking at HRV.

By taking a baseline reading of our HRV and then comparing against that every day we can see if we are ready to train or still need more recovery time. I want to stress here this is not a totally objective measure but can when combined with other factors give us a great guide to the state of our immune system. Personally I use HRV and combine it with how I am feeling that day, coming down on the side of how I feel in a draw.

So what I invite you to do is to download one of the HRV apps available for your phone and start using it every morning at the same time for the duration of this course to gauge whether you should be exercising or not.

When doing this try to ensure you are consistent in both the time you take the reading and the position you are in when you take it. Either choose to do it lying down or sitting. Make sure you are in a quiet place where you will not be disturbed for as long as it takes to finish the reading.

I have laid out the training days in the workout and have built in days off each week. This means you can move these sessions around as needed based on your HRV. (If required sessions can be dropped entirely...trust your HRV not my cookie cutter schedule.) In fact when I first started this workout in my first week I managed Monday and Tuesdays session and had to have the rest of the week off!

The links below will take you to some of the apps I have used (not affiliate links). You will find specific instructions on how to use each app and read your HRV in the app.

One thing I would say, while you don't need a fancy heart rate monitor to do this as most of these apps can measure your HRV using the phones in built camera, we have seen significantly more accurate results using a dedicated heart rate monitor. Again check the app for compatibility.

If you are interested in taking this to the next level the Oura ring is excellent as based on a huge amount of readings it gives you a readiness score each day which acts as a very good indicator of how hard you should be pushing your self on any given day.

WHAT ABOUT DURING EXERCISE?

We are not using HRV as a tool to tell you how hard to exercise. Your Heart Rate will do that. We are using HRV in the morning to tell you how recovered you are and how ready you are for exercise.

HRV AND STRESS

Now as you'll learn in this module, when we talk about how recovered you are, we are actually talking about how well your body is dealing with the stresses you are throwing at it. So if your HRV suddenly drops one day, despite doing no exercise the day before look for other factors...did you have a stressful day at work, stay up later the night before, have an argument with your spouse.

It's AMAZING how sensitive the body is to these stressors and how they can affect you on a biological level. Be aware, as we'll see there are multiple forms of stress and your body reacts in the same way to ALL stressors, be it exercise or being cut up in traffic.

GET MY HELP WITH THIS

If you're interested Elite HRV offer a service where you can share your HRV readings with me so I can provide insights and help you use this better. If your'e interested in doing this just [click here to join the group](#).

These are the current apps and gadgets I recommend for tracking HRV

Elite HRV

[Visit Website](#)

The Oura Ring

[Visit the website](#)