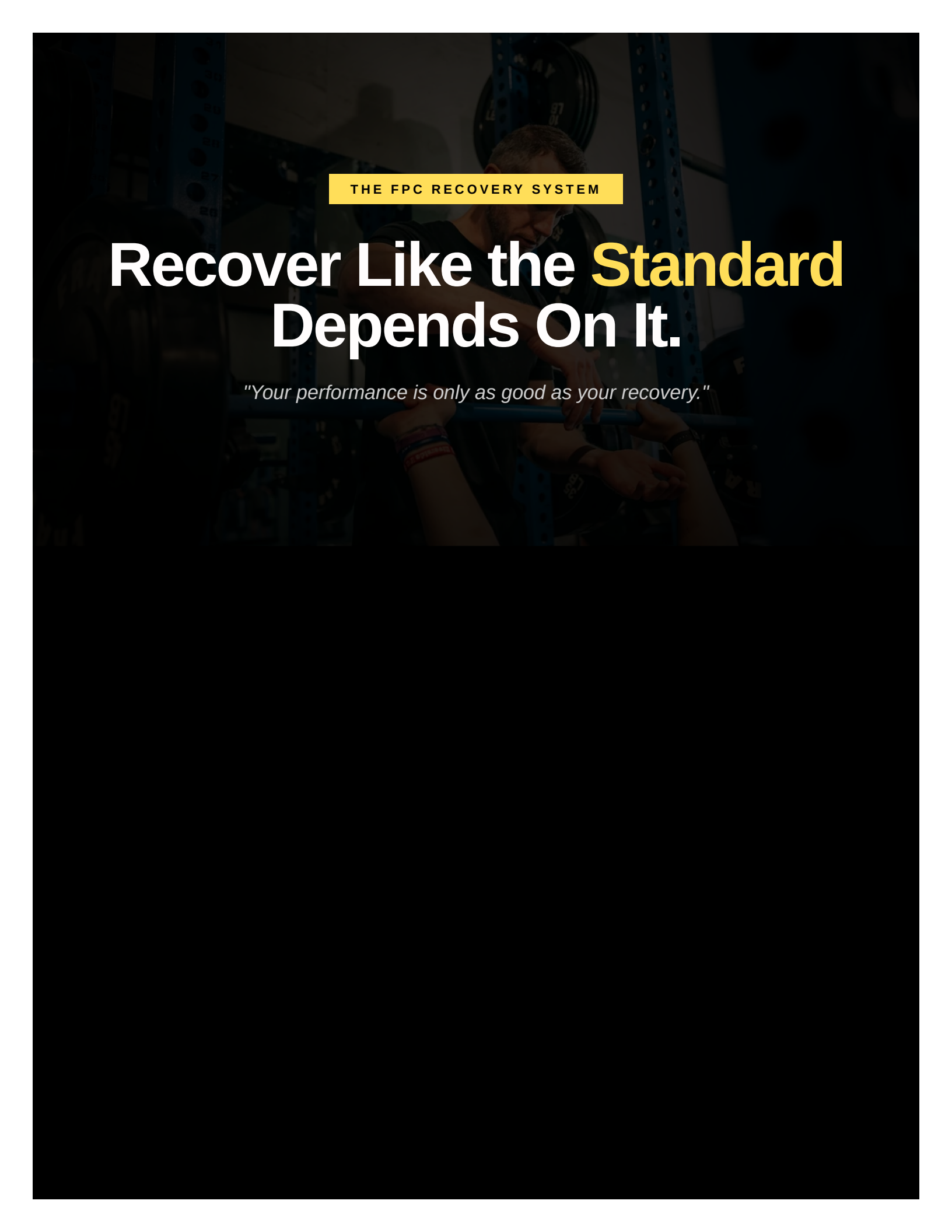


A man in a gym setting, possibly a coach or athlete, with a focus on recovery. The background is dark and moody, with blue metal racks visible. The man is wearing a black shirt and has a beard. He is looking down at something in his hands. The overall tone is professional and focused on fitness and recovery.

THE FPC RECOVERY SYSTEM

Recover Like the **Standard** Depends On It.

"Your performance is only as good as your recovery."

Performance Is **Fitness Minus Fatigue**

Most athletes have never been handed a simple way to think about performance. Here it is:

$$\text{Performance} = \text{Fitness} - \text{Fatigue}$$

Nearly all your effort goes toward one side of that equation — building **fitness**. Almost none goes toward minimizing **fatigue**. That's a massive amount of performance left on the table.

When an athlete is tired, flat, or "needs an easy day," it usually means they haven't done everything they could to be good to go. The FPC Recovery System fixes that. In **under 30 minutes of intention**, you can change how you show up for the next training block or the next game.

STEP 1 · AFTER COMPETITION

Substrate Recovery

RIGHT AFTER THE WHISTLE

Refill the tank fast — protein, carbohydrate, and fluid — to kick-start glycogen and tissue repair.

STEP 2 · THAT EVENING

Sleep Hygiene

THE NIGHT OF

Run a simple wind-down routine so your body gets the deepest, most restorative sleep possible.

STEP 3 · THE DAY AFTER

100-Point Recovery

NEXT 24–36 HOURS

Stack recovery "points" from a menu of proven modalities until you hit 100 and recharge fully.

STEP 1

Substrate Recovery

Immediately after your game, event, or competition, your first job is to **rehydrate and start replacing glycogen and amino acids**. The window matters — the sooner you refuel, the faster you begin repairing.

The precise version: most governing bodies recommend roughly **1–1.2 g of carbohydrate per kg of bodyweight, 0.3 g of protein per kg, and 1.5× the fluid you lost** (weigh in before and after to know the number). A 165 lb (75 kg) athlete lands around 75–90 g carbs, ~25 g protein, and about 1.5 L of water if they dropped ~1 kg.

For athletes just getting started, we keep it dead simple — the **1-2-3 of Substrate Recovery**:

1

SERVE OF PROTEIN

2

SERVES OF CARBOHYDRATE

3

LARGE GLASSES OF WATER

Get that in as soon as you can after the final whistle. It's the foundation everything else is built on.

STEP 2

Sleep Hygiene

Sleep is the single most powerful recovery tool you have, and it's free. The problem is most athletes do nothing to protect it. This is your wind-down sequence for the night after competition.

2–3 HRS BEFORE BED

Avoid large meals and any caffeine or stimulants. Start toning down fluid intake so you're not up all night.

1–2 HRS BEFORE BED

A warm shower or bath. The drop in body temperature afterward tells your body it's time to prepare for sleep.

1 HR BEFORE BED

Screens off. If you have blue-light glasses, they can go on up to 3 hours before bed.

PROMOTE DARKNESS

Make the room as dark as possible — electronics off or their standby lights covered. Blackout curtains if you have them.

ROOM TEMPERATURE

Set the room cool — around 66–70°F (19–21°C) is the sweet spot for deep sleep.

BEFORE GETTING IN

Write down any to-dos or thoughts bouncing around for tomorrow. Get them out of your head and onto paper.

BED TIME

Read a book or do a short meditation in bed to settle the mind and drift off faster.

STEP 3

The 100-Point **Recovery Checklist**

The goal is to accumulate **100 recovery points** to help your body bounce back from competition. Bank them across the window from your **first evening of sleep after competition until the following evening before bed**. Mix and match the menu below until you hit 100.

20 POINTS

15 POINTS

10 POINTS

5 POINTS

Sleep

Accumulate 9 hours over the window.

Sleep Hygiene

Follow the full routine (Step 2).

Movie

Go out to see a movie.

Reading

10 min of reading.

Nutrition

Drink 150% of the water weight lost in game (lost 2 kg → drink 3 L).

Cold Water / Lake

20 min at the lake, min 10 min in the water.

Meal Out

Go out for brunch or lunch.

TV

30 min of TV at home.

Pool

Min 10 min of easy movement in the pool.

Social Outing

Visit a friend's or family's house.

Cooking

Cook yourself a meal.

Compression / NormaTec

20 min sequence.

Contrast Shower

2 min warm : 1 min cold × 4.

Game Video game or board game.
Walk 25 min walk outside.
Meditation 10 min guided meditation.
Comp Review Journal your competition (below).
Ice Bath Accumulate 5 min.
Mobility 20 min of mobility & flexibility.
Flush Massage 20 min light flush massage.

Note: You can't stack the same option for more points. A 5 min ice bath earns 15 points; 10 min doesn't earn 30. Likewise a 2.5 min ice bath won't earn 7.5. One effort, one score.

BONUS

Guided Meditation

Progressive Muscle Relaxation (PMR) and Autogenic Training (AT) are two well-researched forms of guided meditation shown to reduce anxiety, increase calm, and promote restful sleep. Try both and see which lands for you — either one counts toward your 100-Point Checklist.

BONUS

Subjective Competition Review

Every pro reviews their performance — as an individual and as a team. Take five minutes and answer honestly. It counts toward your points, and it makes you a smarter athlete.

- ? What were my strengths today?
- ? What were my weaknesses?
- ? What was my internal dialogue like — mostly positive, negative, or mixed?
- ? What was the "difference" in today's match?
- ? Which areas of my performance have the greatest opportunity to improve?
- ? What am I struggling to let go of mentally, if anything?
- ? If I'm holding onto it, when would I like to let it go?
- ? What do I want to take to my coach to discuss?
- ? Anything else on my mind?

Recovery Is **Trainable.** So Is Everything Else.

The FPC assessment tests where you actually stand — strength, power, movement, and readiness — then builds a plan around it. Recovery is step one. Let's build the rest.

BOOK YOUR FREE ASSESSMENT →

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A HIGHER STANDARD.