



**THE PERFORMANCE LIFESTYLE – A MULTIDIMENSIONAL APPROACH TO ENHANCING RECOVERY & PERFORMANCE**

Training progress is a delicate balance between stimulation and recovery. Whilst many coaches focus their efforts on ensuring that their athletes receive the optimum stimulation, the unfortunate reality is that recovery is given less attention, often leading to less than optimum results in the enhancement of performance. If optimum training programmes are to be designed, then the planning of recovery needs to become integrated into any athletic enhancement programme.

However, stress is multi-dimensional in nature, requiring a similar multidimensional approach to optimally enhancing recovery. In reality, recovery has increasingly become associated with short-term micro management methods. While important, these are a small part of the picture and need to be integrated within a macro-management approach. This workshop outlines the importance of a multi-dimensional approach to enhancing recovery, and presents a Performance Lifestyle as a model with which this can be applied. It provides participants with a clear structure and all the tools they need to maximise an athlete's performance through developing their unique Performance Lifestyle.