WARRIOR
PERFORMANCE LAB

PRO RESOURCE



WPL RACE WEEK SERIES

POST-RACE RECOVERY

TRAIN BY SCIENCE. PERFORM WITH STRATEGY.

FIRST 72 HOURS

Recover the athlete - then analyze the race

WINDOW	RECOVERY ACTION	DECISION RULE
0-30 min	Walk until breathing settles. Change into dry/warm clothing. Begin familiar fluid and an easy carbohydrate/protein option if appetite allows.	Record urgent symptoms and seek event medical support when needed.
30 min-4 h	Eat a full balanced meal. If another event or hard session is soon, prioritize rapid carbohydrate replacement; otherwise normal recovery meals are sufficient.	Rehydrate gradually. Include sodium based on known sweat loss, food and environment.
4-24 h	Normal meals, protein distributed across the day, sleep opportunity and gentle movement.	Do not make a training decision while adrenaline, soreness or disappointment is high.
24-48 h	Walk, easy bike or swim only if movement improves how you feel. No penalty workout.	Complete the race debrief while details are still clear.
48-72 h	Return to easy training only when walking, stairs, sleep, appetite and resting metrics are normalizing.	Delay intensity if soreness is changing mechanics or symptoms are worsening.

Rapid-recovery nutrition - only when needed

When another race or demanding session occurs within about 24 hours, evidence supports rapid carbohydrate replacement around 1.0-1.2 g/kg/h for the first few hours, plus approximately 0.3 g/kg high-quality protein. When the next hard session is days away, a normal carbohydrate-rich meal with 20-40 g protein and adequate total intake is usually more practical.

Your 24-hour debrief

[ ] Run splits and when pace first changed

[ ] Station splits, no-reps and penalties

[ ] Roxzone and transition execution

[ ] Fuel/fluid timing and GI response

[ ] Doubles swaps and communication

[ ] One limiter to train - and one strength to preserve

Red flags after the race

- Chest pain, fainting, severe or worsening shortness of breath, confusion or neurological symptoms.
- Inability to keep fluid down, minimal/dark urine despite recovery, or severe persistent cramping.
- Marked swelling, focal sharp pain, inability to bear weight, or pain that worsens rather than settles.
- Very dark cola-colored urine with severe muscle pain or weakness requires urgent assessment.

Training resumes when function returns - not simply when the calendar says so.

EVIDENCE NOTES: Sports nutrition: Thomas et al., J Acad Nutr Diet, 2016 | Hydration: Sawka et al., Med Sci Sports Exerc, 2007

Educational resource only; individualize for medical history, injury, illness, pregnancy, medication, heat risk and significant GI issues.