

Free printable from BIOMIXA

Athlete Recovery Planner

Plan hard days and easy days, score your readiness each morning, and log sleep, fuel and soreness — the boring basics that decide how well you recover.

7 pages · US Letter · for runners, lifters, cyclists and team-sport athletes

Made by BIOMIXA, Irvine, California. Related reading: Colostrum for athletes: what research suggests.

Start here

Recovery is planned, not hoped for

Training is the stress; recovery is when you adapt. This planner keeps the two in balance on paper.

The basics that matter most

- **Sleep:** aim for a regular schedule; track hours and quality.
- **Fuel:** enough total energy and protein spread across the day.
- **Fluids:** drink to thirst and weigh in before/after long sessions in the heat.
- **Load:** raise weekly volume gradually; plan easy weeks.
- **Signals:** soreness, mood and resting heart rate tell you when to back off.

Morning readiness score

Rate five items 1–5 each (sleep, soreness, energy, mood, motivation). Add them up:

20–25 train as planned | 14–19 go easier | 5–13 recovery day

What research says about colostrum and training

Bovine colostrum has been studied in athletes for about 25 years. A 2021 review by Davison concluded there is limited evidence for effects on body composition and performance, and stronger evidence for markers of gut permeability and for illness risk during heavy training — while noting that more research is needed. In one trial, 20 g a day for 12 weeks in winter was linked with fewer days of upper respiratory symptoms in active men (Jones et al., 2014).

Read the plain-language summary: colostrum for athletes — recovery, endurance and what research suggests. Combining it with other products? See stacking colostrum with creatine and protein.

Davison G. Nutrients 2021;13(6):1789. PubMed 34073917 · Jones AW et al. Brain Behav Immun 2014;39:194–203. PubMed 24200515

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Four-week block

Training block overview

Block goal: _____ Key event / test date: _____

Week	Focus	Planned volume	Key sessions	Easy / rest days	How it went
Week 1					
Week 2					
Week 3					
Week 4					

Many coaches plan three building weeks and one lighter week. Write the lighter week in first, then fill the rest.

Print weekly

Weekly training & recovery plan

Week of: _____ Week # ____ of block

Day	Session (type · duration · intensity)	Hard / easy	Recovery plan	Done ✓
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Every morning

Readiness & recovery log

Day	Sleep h	Sleep 1–5	Sore 1–5	Energy 1–5	Mood 1–5	Motiv. 1–5	Total	Rest HR	Notes
Mon									
Tue									
Wed									
Thu									
Fri									
Sat									
Sun									
Mon									
Tue									
Wed									
Thu									
Fri									
Sat									
Sun									

Two weeks per sheet. A rising resting heart rate plus a falling total for several days is a common sign to ease off.

Fuel and fluids

Nutrition & hydration log

Day	Breakfast	Pre / post session	Lunch	Dinner	Protein ✓✓✓	Fluids	Supps
Mon							
Tue							
Wed							
Thu							
Fri							
Sat							
Sun							

Sweat check (long or hot sessions)

Date	Weight before	Weight after	Fluid drunk	Conditions	Note

Race / game week

Event checklist

Three days out

- [ ] Taper volume as planned
- [ ] Nothing new: food, shoes, supplements
- [ ] Sleep at a regular time
- [ ] Plan travel and meals

Night before

- [ ] Familiar dinner
- [ ] Kit laid out
- [ ] Fuel and bottles packed
- [ ] Alarm set, route checked

After the event

- [ ] Fluids and a real meal within a couple of hours
- [ ] Easy movement next day
- [ ] Write what worked and what didn't
- [ ] Plan the recovery week

What I learned

Keep going

Notes, resources and fine print

Recovery is mostly sleep, food and smart planning. For further reading:

- Colostrum for athletes — recovery, endurance and what research suggests
- Stacking colostrum with creatine, protein and collagen — what mixes well
- Davison G. The Use of Bovine Colostrum in Sport and Exercise (2021) — narrative review, Nutrients
- March DS et al. Colostrum and intestinal injury after exercise in the heat (2019) — crossover trial, 12 men
- BIOMIXA — grass-fed bovine colostrum powder

Notes

About this printable. Made by BIOMIXA (biomixa.com), a small Irvine, California brand that makes one product: Bluegrass Colostrum, 100% bovine colostrum powder from grass-fed US cows, collected in the first six hours after calving. You are welcome to print and share this file for personal and classroom use. Please do not sell it.

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