



6 WAYS TO OPTIMIZE YOUR RIGRUN REST DAY

Watching your team soar to the top of the Group Stages?

Sneaking in that extra workout to squeeze past another player to the 1st place spot on the International Top 10s?

Or just going that extra mile to win another prize?

Pushing your boundaries, staying fit, and achieving personal and team milestones are what RigRun is all about.

But when is enough...enough?

TIME FOR A REST?

Rest days are vital to any training plan. If you don't take rest days, your muscles may not have sufficient time to repair and recover, leading to decreased performance, fatigue and, at worst, injury.

Beyond your physical health, over-exertion without allowing yourself to rest can lead to mental burnout that leaves you feeling demotivated and less likely to continue with healthier lifestyle choices.

That's why it's crucial, throughout RigRun, to listen to your body. Giving it adequate time to rest and recover allows you to fully appreciate the many benefits of regular exercise. And though we understand how tempting it can be to push through and keep going (especially if you are the competitive type!), taking some time out will actually enhance your performance and lead to more achievements overall.

MAKING THE MOST OF YOUR RIGRUN REST DAY

Though it might seem like you're not doing much on your rest days, you're doing some vital work that will improve your physical and mental health as well as your performance in the RigRun Fitness Challenge.

And to help you take full advantage of your rest days, our RigRun Fitness Coaches have some top tips to help you return to the competition rested, refreshed and ready for action.



TIP #1 - DECIDE WHEN YOUR REST DAY/S WILL BE

A general guideline is to allow at least one rest day a week. So, decide which day of the week works best for this and stick to it as a consistent part of your fitness routine.

TIP #2 - PLAN YOUR REST DAY/S

If you're taking one rest day a week, focus on passive recovery, i.e. giving your body a day off from exercise completely. However, if you plan to take two rest days a week, consider making one of the days about active recovery, i.e. light physical activity such as yoga, stretching or a leisurely walk.

TIP #3 - CHANGE UP YOUR REGIME

Changing exercise types regularly can help you avoid overworking one particular part of the body. We have 18 different exercise types for our Top 10 RigRun leaderboards, so why not skip leg day and try something different?

TIP #4 - THINK BEYOND EXERCISE

Physical activity is just one part of a healthy lifestyle. On your rest day, try and focus on all the other elements that help you feel fit and healthy. Whether it's making sure you get enough sleep, drinking more water, or eating nutritious meals and snacks, it all comes together to help your body recover and rebuild.

TIP #5 - REVIEW AND ADJUST

Regularly review your training plan to ensure you are allowing adequate time for rest and recovery. If you are feeling fatigued or experiencing muscular aches and pains, consider adjusting your fitness plan to include an additional rest day.

TIP #6 - STOP COMPARING YOURSELF TO OTHERS

Everyone's body is different and requires different amounts of rest and recovery time to function effectively. So, listen to your own body and adjust your training plan as needed to ensure that you get the most out of your exercise programme and avoid injury and burnout.

IF YOU'RE EXPERIENCING ANY OF THE FOLLOWING SYMPTOMS, IT'S DEFINITELY TIME TO TAKE A REST DAY:

- General feelings of fatigue
- An unexplained decrease in performance (lasting more than a week)
- Feeling like you have to exert yourself more to do the same workout
- An increase in resting or exertional heart rate
- Musculoskeletal aches and pains (for example, in your back or neck)
- Agitation
- Moodiness
- Sleeplessness
- Poor appetite
- Increased instances of illness/infections
- Feelings of stress and depression

Please contact your trainer if you would like further advice or help planning your workouts and rest days.

ADDITIONAL RESOURCES

World Athletics,
**'THE IMPORTANCE OF
REST AND RECOVERY'**

