



Petal & Paper

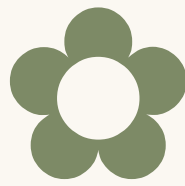
YOUR FREE PRINTABLE

Active recovery weekly plan



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R E C O V E R Y W E E K

recovery plan

Recovery week schedule · (1 in every 4 training weeks)

Monday · 20 min walk: ☐ Foam roll: ☐ Stretch: 10mins ☐

Tuesday · Gentle swim or yoga: ☐ 30 mins max: ☐

Wednesday · Complete rest: ☐ Or 20 min walk only: ☐

Thursday · Easy cycling or walk: ☐ Not breathless: ☐

Friday · Mobility and stretching: ☐ 15–20 mins: ☐

Weekend · 1 easy activity (park walk, swim): ☐ No structure ☐

R E C O V E R Y I S T R A I N I N G — T R E A T I T
T H A T W A Y

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