



Node Name	Category	Duration	Focus	Recommended Activities	Notes
Deload Week	Macro	1 week	Fatigue management and supercompensation	Reduce volume by 40–60%; light mobility; soft tissue work	Schedule every 4–6 weeks based on load
Regeneration Week	Macro	1 week	Low-load regeneration	Bodyweight circuits; light swim; meditation	Similar to deload but more varied
Transition Phase	Macro	1–2 weeks	Regeneration and mental reset	General physical activity; yoga; recreational sports	Between macrocycles or post-season
Off-Season Break	Macro	2–4 weeks	Full rest and cross-training	Unstructured activity; travel; light cross-training	End-of-season reset
Mobility Block	Meso	1 week	Joint health and ROM	PNF stretching; foam rolling; corrective drills	Ideal after high-intensity mesocycles
Prehabilitation Block	Meso	1–2 weeks	Injury prevention and movement quality	Stability drills; corrective exercises	Use when screens reveal deficits
Sleep Hygiene Workshop	Meso	1 session	Optimize sleep patterns	Education on routine; light exposure control	Early program initiation
Travel Recovery Protocol	Meso	Variable	Travel fatigue mitigation	Hydration; compression; light movement	Pre- and post-travel
Heat Acclimation Session	Meso	1 week	Thermoregulation adaptation	Sauna; outdoor heat training	Pre-season use
Active Recovery Session	Micro	Single session	Circulatory boost and stiffness reduction	30–60 min low-intensity cardio; dynamic mobility	Use when HRV or RPE indicates high fatigue
Contrast Therapy	Micro	30–60 min	Circulatory boost and inflammation control	Alternate hot/cold immersion	Reduces DOMS
Cold Plunge	Micro	5–10 min	Acute inflammation reduction	Cold water immersion at 10–15°C	Use post-high intensity
Sauna Session	Micro	15–30 min	Thermoregulation and circulation	Infrared or traditional sauna	Follow with cool-down
Compression Therapy	Micro	20–30 min	Lymphatic flow enhancement	Compression boots or garments	Use post-training
Massage Therapy	Micro	30–60 min	Soft tissue release	Deep tissue or sports massage	Schedule post-high intensity
ART (Active Release Technique)	Micro	15–30 min	Targeted muscle release	Practitioner-led ART	Exact per tissue need
TENS Therapy	Micro	20–30 min	Pain modulation	TENS unit application	Adjunct for acute pain
Cupping Therapy	Micro	10–15 min	Local circulation boost	Silicone or fire cupping	Avoid bruised areas
Neural Flossing	Micro	5–10 min	Neurodynamic mobility	Nerve floss techniques	Integrate with mobility
Foam Rolling	Micro	10–20 min	Myofascial release	Roll key muscle groups	Daily or post-session
PNF Stretching	Micro	1 session	ROM enhancement	Contract-relax stretches	After mobility block
Yoga / Stretch Flow	Micro	30–60 min	Flexibility and relaxation	Hatha/Vinyasa	Weekly integration
Meditation Session	Micro	10–20 min	Mental recovery	Guided mindfulness	Daily possible
Breathing Exercises	Micro	5–10 min	Parasympathetic activation	Box breathing; diaphragmatic	Pre-sleep or training
Sleep Extension	Micro	1 night	Neural/physical recovery	≥9 hrs sleep; optimize hygiene	Post-hard days
Nap Opportunity	Micro	20–30 min	CNS recovery	Early afternoon nap	Avoid late-day
Nutrition Intervention	Micro	Per session	Macronutrient replenishment	Protein+carb post-workout	Essential for recovery
Hydration Protocol	Micro	Per session	Cellular recovery	Electrolyte drinks	Monitor daily intake
Epsom Salt Bath	Micro	20–30 min	Muscle relaxation	Warm soak + Epsom salts	Post-heavy load
Percussive Therapy	Micro	10–15 min	Tissue release	Massage gun	Post-session or daily
Hyperbaric Boost	Micro	60–90 min	Oxygenation-enhanced recovery	HBOT session	1–2×/week specialized
Nature Exposure	Micro	20–30 min	Psychological recovery	Forest bathing; park walk	Daily or weekly