

TIER 02 · FUTURE CAPABILITY

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Recovery Is Not Rest. It Is Adaptation.

High performers tend to mistake rest for recovery. This talk reframes recovery as the active, programmable input that determines how well training stress translates into adaptation — and shows the protocols Equinox Coaches use to engineer it.

KEY TAKEAWAYS

- 01** The difference between rest and recovery — and why most workplaces conflate them
- 02** The four recovery modalities: sleep, parasympathetic activation, fueling, and mobility
- 03** Why tracking HRV outperforms tracking workouts as a performance signal
- 04** The cost of under-recovery: plateaus, illness, injury, motivational collapse
- 05** How to design a recovery week that actually compounds
- 06** Where Equinox is investing next: biomarker-informed recovery prescription

AUDIENCE

Senior leaders, high-output sales teams, founders. Especially relevant when an organization has invested heavily in performance and is hitting diminishing returns.

FORMATS

- 45-min keynote
- 90-min workshop with HRV-protocol demo
- Half-day intensive co-delivered with the Health Advisory Board sleep specialist (Dr. Robbins)

SAMPLE AGENDA

- 0–10 min — Why rest is not recovery
- 10–30 min — The four recovery modalities
- 30–55 min — HRV as a performance signal
- 55–75 min — Designing a recovery week
- 75–90 min — Q&A

SLIDE OUTLINE

- Slide 1 — Recovery as adaptation, not absence
- Slide 2 — The four recovery modalities
- Slide 3 — Sleep architecture and what it actually does
- Slide 4 — Parasympathetic toolkit: breath, cold, mobility
- Slide 5 — HRV and the case for tracking recovery
- Slide 6 — The under-recovery cost curve
- Slide 7 — Engineering a recovery week

SPEAKER POOL

Coach X-tier Coaches with the Regeneration & Nervous System specialty, often co-delivered with Dr. Rebecca Robbins for the sleep-science portion.