

Chapter 1 : IN THE PROCESS OF A LONG, SLOW RECOVERY - Review of Galveston, TX - TripAdvisor

ohhh noo long recovery!! Last year I pulled it for doing extreme training and was like 2 months with pain 15 days ago I got an awful injury in my ribs ðŸ™• they are now a bit chipped.

If you asked a stadium-size crowd of other runners to name the most important type of running workout, some would say tempo runs, others would say long runs, and still others would say intervals of one kind or another. None would mention recovery runs. Unless I happened to be in that stadium. Because recovery runs, if properly integrated into your training regimen, will do just as much to enhance your race performances as any other type of workout. You hear coaches talk about how recovery runs increase blood flow to the legs, clearing away lactic acid, and so forth. The truth is that lactic acid levels return to normal within an hour after even the most brutal workouts. Nor does lactic acid cause muscle fatigue in the first place. Nor is there any evidence that the sort of light activity that a recovery run entails promotes muscle tissue repair, glycogen replenishment, or any other physiological response that actually is relevant to muscle recovery. In short, recovery runs do not enhance recovery. The real benefit of recovery runs is that they allow you to find the optimal balance between the two factors that have the greatest effect on your fitness and performance: Training stress is what your body experiences in workouts that test the present limits of your running fitness. You can be fairly sure a workout has delivered a training stress when it leaves you severely fatigued or completely exhausted. The two basic categories of workouts that deliver a training stress are high-intensity runs intervals, tempo runs, hill repeats and long runs. By exposing your body to fatigue and exhaustion, key workouts stimulate adaptations that enable you to resist fatigue better the next time. Running volume, on the other hand, has a positive effect on running fitness and performance even in the absence of exhaustive key workouts. In other words, the more running you do within the limit of what your body can handle before breaking down, the fitter you become, even if you never do any workouts that are especially taxing. The reason is that increases in running economy are very closely correlated with increases in running mileage. Research by Tim Noakes, M. For example, if the highest running volume your body can handle is 50 miles per week, you are all but certain to achieve greater running economy at 50 miles per week than at 40 miles per week, even though your VO₂max may stop increasing at 40 miles. You see, running is a bit like juggling. It is a motor skill that requires communication between your brain and your muscles. A great juggler has developed highly refined communication between his brain and muscles during the act of juggling, which enables him to juggle three plates with one hand while blindfolded. A well-trained runner has developed super-efficient communication between her brain and muscles during the act of running, allowing her to run at a high sustained speed with a remarkably low rate of energy expenditure. Sure, the improvements that a runner makes in neuromuscular coordination are less visible than those made by a juggler, but they are no less real. For both the juggler and the runner, it is time spent simply practicing the relevant action that improves communication between the brain and the muscles. Thus, the juggler who juggles an hour a day will improve faster than the juggler who juggles five minutes a day, even if the former practices in a dozen separate five-minute sessions and therefore never gets tired. And the same is true for the runner. Now, training stress—especially key workouts inflicting high-intensity fatigue—and running volume sort of work at cross-purposes. By the same token, if you want to achieve the maximum volume of running, you have to keep the pace slow and avoid single long runs in favor of multiple short runs. By sprinkling your training regimen with relatively short, easy runs, you can achieve a higher total running volume than you could if you always ran hard. Yet because recovery runs are gentle enough not to create a need for additional recovery, they allow you to perform at a high level in your key workouts and therefore get the most out of them. I believe that recovery runs also yield improvements in running economy by challenging the neuromuscular system to perform in a pre-fatigued state. Key workouts themselves deliver a training stress that stimulates positive fitness adaptations by forcing a runner to perform beyond the point of initial fatigue. As the motor units that are used preferentially when you run begin to fatigue, other motor units that are less often called upon must be recruited to take up the slack so the athlete can keep running. By encountering this challenge, your

neuromuscular system is able to find new efficiencies that enable you to run more economically. Recovery runs, I believe, achieve a similar effect in a slightly different way. In a key workout you experience fatigued running by starting fresh and running hard or far. In a recovery run you start fatigued from your last key workout and therefore experience a healthy dose of fatigued running without having to run hard or far. Speaking from personal experience, while my recovery runs are the shortest and slowest runs I do, I still feel rather miserable in many of them because I am already fatigued when I start them. This miserable feeling is, I think, indicative of the fact that the run is accomplishing some real, productive work that will enhance my fitness perhaps almost as much as the key workout that preceded it. Viewed in this way, recovery runs become essentially a way of squeezing more out of your key workouts. There are five specific guidelines I suggest you follow. If you run fewer than five times a week, recovery runs are generally unnecessary. Recovery runs can only serve their purpose of balancing training stress with running volume if you run five or more times per week. Do key workouts and recovery runs in a 1:1 ratio. A good schedule for runners who run six days a week is three key workouts alternating with three recovery runs, as in the following example: Key Workout High Intensity Wednesday: Key Workout High Intensity Friday: Key Workout Long Duration Saturday: Recovery Run Most elite runners who train twice a day do a hard run in the morning followed by a recovery run in the afternoon or a hard run in the afternoon followed by a recovery run the next morning. The frequency is twice that of the above example but the ratio of key workouts to recovery runs remains 1:1. Recovery runs are largely unnecessary during base training, when most of your workouts are moderate in both intensity and duration. There are no absolute rules governing the appropriate duration and pace of recovery runs. A recovery run can be as long and fast as you want, provided it does not affect your performance in your next scheduled key workout which is not particularly long or fast, in most cases. Indeed, because the purpose of recovery runs is to maximize running volume without sacrificing training stress, your recovery runs should generally be as long as you can make them short of affecting your next key workout. A little experimentation is needed to find the recovery run formula that works best for each individual runner. Even very slow running counts as practice of the running stride that will yield improvements in your running economy, and running very slowly allows you to run longer.

Chapter 2 : The Long Slow Recovery | Op-Eds & Columns | CEPR

Tschoegl also argues that in the end, Japan's long decline and slow recovery may ultimately have suited the country's cultural and economic character. While the nation did suffer a shocking.

You hear coaches talk about how recovery runs increase blood flow to the legs, clearing away lactic acid and so forth. The truth is that lactic acid levels return to normal within an hour after even the most brutal workouts. Nor does lactic acid cause muscle fatigue in the first place. Nor is there any evidence that the sort of light activity that a recovery run entails promotes muscle tissue repair, glycogen replenishment or any other physiological response that is actually relevant to muscle recovery. What is the Real Benefit of Recovery Runs? In short, recovery runs do not enhance recovery. Nevertheless, recovery runs are almost universally practiced by top runners. So what is the real benefit of recovery runs? The real benefit of recovery runs is that they increase your fitness--perhaps almost as much as longer, faster runs do--by challenging you to run in a pre-fatigued state. There is evidence that fitness adaptations occur not so much in proportion to how much time you spend exercising but rather in proportion to how much time you spend exercising beyond the point of initial fatigue in workouts. So-called key workouts runs that are challenging in their pace or duration boost fitness by taking your body well beyond the point of initial fatigue. Evidence of the special benefit of pre-fatigued exercise comes from an interesting study out of the University of Copenhagen, Denmark. In this study, subjects exercised one leg once daily and the other leg twice every other day. The total amount of training was equal for both legs, but the leg that was trained twice every other day was forced to train in a pre-fatigued state in the afternoon recovery workouts, which occurred just hours after the morning workouts. After several weeks of training in this split manner, the subjects engaged in an endurance test with both legs. The researchers found that the leg trained twice every other day increased its endurance 90 percent more than the other leg. Creating a Setback to Get Ahead Additional research has shown that when athletes begin a workout with energy-depleted muscle fibers and lingering muscle damage from previous training, the brain alters the muscle recruitment patterns used to produce movement. Essentially, the brain tries to avoid using the worn-out muscle fibers and instead involves fresher muscle fibers that are less worn out precisely because they are less preferred under normal conditions. When your brain is forced out of its normal muscle recruitment patterns in this manner, it finds neuromuscular "shortcuts" that enable you to run more efficiently using less energy at any given speed in the future. Pre-fatigued running is sort of like a flash flood that forces you to alter your normal morning commute route. Tips for Effective Use of Recovery Runs Whenever you run again within 24 hours of completing a key workout or any run that has left you severely fatigued or exhausted, the follow-up run should usually be a recovery run. Recovery runs are only necessary if you run four times a week or more. If you run just three times per week, each run should be a "key workout" followed by a day off. If you run four times a week, your first three runs should be key workouts and your fourth run only needs to be a recovery run if it is done the day after a key workout instead of the day after a rest day. If you run five times a week, at least one run should be a recovery run. If you run six or more times a week, at least two runs should be recovery runs. Recovery runs are largely unnecessary during base training, when most of your workouts are moderate in both intensity and duration. There are no absolute rules governing the appropriate duration and pace of recovery runs. A recovery run can be as long and fast as you want, provided it does not affect your performance in your next scheduled key workout. In most cases, however, recovery runs cannot be particularly long or fast without sabotaging recovery from the previous key workout or sabotaging performance in your next one. A little experimentation is needed to find the recovery run formula that works best for each individual runner. Even very slow running counts as pre-fatigued running practice that will yield improvements in your running economy, and running very slowly allows you to run longer without sabotaging your next key workout.

Chapter 3 : How to Know if You are Running Easy Enough on Your Recovery Days - Runners Connect

'Long, slow recovery': After 3 years of heavy losses, Canadian oilpatch to eke out paltry gains this year Oil producers posted cumulative losses of \$32 billion over the course of the last three.

Quote After 15 years of stagnation and decline following the spectacular collapse of its bubble economy, Japan is finally showing some signs of a recovery. The Nikkei index is trading at five-year highs. Real estate prices are rebounding. Deflation appears to be under control and interest rates, effectively at zero for more than five years, may soon begin to rise. And while the pace of change seems glacial by American business standards, the recovery may have come at the right speed for Japan. Bureaucrats and special interest groups hoarded public money to support ailing, non-competitive domestic sectors which provided employment and political support for the status quo politicians, but resulted in misallocation of credit and prevented corporate restructuring. That older system created generations of salaried employees willing to put in grueling hours for employers in return for long-term financial security. He points to Nagoya, where Toyota is headquartered, as a thriving manufacturing center. They have found a niche producing high-tech goods, such as advanced-materials products, that still make sense to manufacture in Japan. So employment and economic growth are up. Companies did not adopt harsh restructuring plans and instead waited out the long downturn. Now, with the economy picking up, he says, executives in those companies feel a sense of redemption after remaining true to their traditional business culture — balancing loyalty between employer and employee with the need to produce profits. Under labor legislation passed in , companies in certain industries can employ workers as temps for up to three years. Companies are now reaching the time limit on their first crop of part-timers. Instead of forcing them to work out their problems, the Japanese government tolerated lax definitions of non-performing loans. As a result, banks approved additional loans to their weakest borrowers to avoid having to write off bad loans. That only made the problem worse, says Yasuda. Yasuda points to the collapse of Long-Term Credit Bank, which was nationalized in before eventually being purchased by foreigners and renamed Shinsei Bank. The banking recovery also was helped by an industry consolidation into three major groups: Consolidated net profit at six major banks reached a record 1. Non-performing loans of all financial institutions have decreased in each of the past three years. As of March , bad loans totaled In all, the government has invested 12 trillion yen to shore up the banking system, and half will be paid back by March Japan went from being one of the countries with the lowest public debt to being one of the highest. Japan has pledged to bring its debt into balance early in the next decade. The ministry also said it will try to cut down on the issuance of public debt in the fiscal year starting in April by more than 2. According to Allen, when countries get in trouble with too much debt, the best solution typically is to grow the economy faster so that debt becomes a smaller part of the pie. A more worrisome, though unlikely scenario, Allen says, is the development of hyperinflation, which erodes spending power and can breed political instability. Hopefully it will not happen again. Another alternative, which is also drastic and unlikely, is that the government could default on some of its debt. Reforms that have led to more labor flexibility will also remain in place, he predicts, although at a cost in financial security to younger workers. Japanese households have amassed savings gradually, handing cash over to mail carriers or making deposits at neighborhood post offices spread throughout the country. With generous tax incentives, the Japanese savings rate was among the highest in the world, although in recent years it has declined. The Diet has approved a plan to divide Japan Post into four pieces — mail delivery, over-the-counter service, savings and insurance — then spin them out of government control by Despite political obstacles that remain, particularly opposition from employees fearful they will lose their jobs, the post office proposal is likely to take effect, but slowly, says Allen. You can get productivity improvement out of the changing demographics. While the nation did suffer a shocking drop in the value of its real estate and stock market assets during the s, those assets had only become hugely inflated in the s. The lost decade was more of a plateau decade than a dip.

Chapter 4 : Intercostal muscle strain: a surprisingly long and slow recovery - fitknitchick

IN Armend Malazogu leapt off the back of an army lorry. Then aged 18, the Kosovo Albanian was escaping being drafted into Serbia's fight with Croatia. The Yugoslav civil wars were just.

While en route to visit friends, she lost control of her car and crashed into a building on the side of the road. An obstruction in front of the building swung the car sideways, preventing a head-on collision. Daughter Kaylee, then 3, sustained only a bruised lip. Younger daughter Kiera, 10 months, miraculously escaped unscathed. However, the impact of the wreck caused major head trauma to Sarah. After being transported to a small local hospital, Sarah then went by ambulance to Albany Medical Center , where she underwent emergency surgery. Doctors told her husband, Sean, then family life pastor at Calvary Assembly of God in Cobleskill, New York, that his wife might not survive the operation. Overwhelmed, Sean clung to 1 Peter 1: He resolved to give God glory no matter the outcome. Once transferred to Sunnyview Rehabilitation Hospital in nearby Schenectady, Sarah spent five weeks beginning to learn how to walk, talk, and live again. Returning home, Sarah continued outpatient rehabilitation at a nearby facility. Meanwhile, the family adjusted to the new reality of a wife and mother who had been much different than the one last in the house 10 weeks earlier. She struggled with making decisions and controlling her emotions. He spent about three years there, preparing to plant a church in Scotia, New York. Sarah has made much progress because of the programs, Sean says, and her verbal skills are quite good. Yet Sarah still struggles to recollect her identity. Sean says communication with Sarah is difficult at times due to her disability. Nevertheless, Sean has renewed hope. He clings to a promise that he says God made to him early on that his wife would be fully healed one day. I wanted to give up several times, but God is too good to give up on me.

Chapter 5 : Long and Slow Recovery Expected for Lower Manhattan | www.nxgvision.com

Sarah Lawton's life took an irreversible turn as she drove down a back road in Cobleskill, New York, on Dec. 29. While en route to visit friends, she lost control of her car and crashed into a building on the side of the road.

View article on original source Last week the Labor Department reported the economy added , jobs in December, bringing the total for the year to more than 2. The unemployment rate at the end of the year was 5. We even saw substantial growth in real wages in the last year, as plunging oil prices held inflation under 1. The main story here is that we still have a long way to go before we get out of the hole the economy fell into when the housing bubble crashed in . While Team Obama would like us all to be thankful we escaped the Second Great Depression, and invasion by Martians, the reality is the economy has recovered far more slowly than had generally been predicted. As a result, workers are paying a huge price in terms of fewer jobs, less job security, and lower wages. These are a useful point of reference since CBO already had seen the full extent of the downturn at the point it was making these projections. They knew about the collapse of the housing bubble and the resulting financial crisis. The other reason that CBO projections are useful is that they reflect the consensus view among economists at the time. This is by design. CBO deliberately constructs its forecasts to fall within the consensus of mainstream analysts, always checking to ensure that its projections do not make it an outlier. The CBO projections tell an interesting tale. First, if the economy had followed the path projected in , we would have seen the unemployment rate fall back to 5. However there is a big difference between the CBO projections on employment and what we have actually seen over the last six years. CBO expected that the people who dropped out of the labor force in the downturn would soon return to the labor force; it projected in that total employment in would be more than 6 million higher it actually was. This lower employment corresponds to considerably lower GDP. CBO projected that growth would average almost 3. In fact, growth has averaged just 2. Even worse from the standpoint of workers, CBO projected that the wage share of GDP would bounce back after its falloff in the recession, reaching . Instead profits continued to grow at the expense of wages so that the wages are now just . If GDP had grown as CBO had projected, and the wage share had followed the predicted course, then total wages in the economy would be almost 12 percent higher today than is actually the case. This was the path that most economists expected the recovery to take and the actual course has been far worse. There is the separate question of the extent to which President Obama can be blamed for the weak recovery. After all, since President Obama has been forced to deal with a Republican Congress that has quite openly sought to sabotage every economic proposal coming out of the White House. If we graded on a curve, the Obamites could point out that U. But Obama hardly helped his cause by promising a pivot to deficit reduction in the weeks immediately following the passage of the stimulus. And, he created a pointless rallying point for deficit hawks with his deficit commission, which was co-chaired by Erskine Bowles and former Senator Alan Simpson. Obviously much more can be said about the political path that got us where we are today, and reasonable people can differ in assigning blame.

Chapter 6 : Japan: From Long, Slow Decline to Long, Slow Recovery - Knowledge@Wharton

WORCESTER - Construction jobs are back in www.nxgvision.com years after employment in the sector bottomed out, and bolstered by the development of everything from apartments to casinos.

Chapter 7 : The silent recovery: how much longer can America's long, slow boom last? | Business | The

I undertook a long slow recovery run, aiming keeping my HRT below bpm which I mostly did apart from the last 15 minutes or so where it started creeping up to around bmp, I guess I was getting tired!

Chapter 8 : A Fresh Perspective on Recovery Runs | ACTIVE

DOWNLOAD PDF A LONG, SLOW RECOVERY

Usually, there was a long waiting list at the rehab facility, which is located 40 miles south of Austin. Sometimes, by the time an addict got accepted into the program, they had lost their resolve to quit.

Chapter 9 : Ottawa tornado: Dunrobin awakens to prospect of long, slow recovery | Ottawa Citizen

To a smaller degree, the slow recovery of the labor market is the result of structural factors that stem from the recession and the slow recovery of output but that are not directly related to the economy's current cyclical weakness.