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most importantly, how to practically apply  
this knowledge.

In today's competitive sport environment,  
discovering effective methods of  
facilitating optimal athletic performance is  
paramount to success. The recovery period  
is essential in maintaining athletes'



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physical and psychological well-being and crucial in the pursuit of intense physical training and satisfying performances.

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l'Institut National du Sport, de l'Expertise et de la Performance (INSEP), Christophe Hausswirth, and Iñigo Mujika, the text encompasses the latest scientific research in the study of recovery and draws from the experience of applied sport scientists working with elite athletes in leading performance and recovery centers.

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Readers will find proven strategies for enhancing the recovery process and learn the importance of structuring an individualized and evidenced-based recovery plan for improving performance.

Appealing to a broad audience encompassing professionals, athletes, coaches, and students, Recovery for

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