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**Advanced Practitioner Seminar:  
Repurposing Recovery  
for Performance & Injury Management**

**November 16-17, 2024**  
**Phoenix, Arizona**

# **Advanced Practitioner Seminar: Repurposing Recovery for Performance and Injury Management**

Andrew Hauser, MS, L/AT, RSCC, PRT  
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November 16-17, 2024 – Phoenix, AZ

## **1. Introduction**

- Instructor backgrounds
- Learning outcomes

## **2. Reiterating the Purpose of General Physical Preparation (GPP)**

- Defining GPP Training
- Methods and Measurables
- Exercise Selection
  - i. Consistency
  - ii. Variability
  - iii. Accessory
- Warm-Up Requirements
- Minimum Recommended Dosages / Constrained Training Windows

## **3. Recovery**

- Defining Recovery
  - i. Rep-to-rep / sprint-to-sprint / throw-to-throw
  - ii. Set-to-set / shift-to-shift / inning-to-inning / drive-to-drive
  - iii. Day-to-day
  - iv. Week-to-week
  - v. Phase-to-phase
  - vi. Year-to-year
- Faster Recovery
  - i. Acute Performance Advantages
  - ii. Chronic Training Advantages
- Recovery Within a 'Rehabilitation' Context

#### **4. The Connection between Injury and Physical Preparedness**

- Aerobic energy system
  - i. Definition
  - ii. Training Types
    - 1. Steady State / LSD
    - 2. Anti-Glycolytic Training / Overshooting Oxygen
- Blood circulation / Vascular development
- Muscular endurance
- Maximal strength
- Movement mechanics
- Aquatic Environments – Pool
  - i. Connecting the dots between our physiological systems
  - ii. Recovery
  - iii. Return-to-play / Rehabilitation
  - iv. Performance Training

#### **5. Assessment Protocols, Technology and RTP Monitoring**

- HRV / Respiratory Rate / Omega Wave
- NIRS / Moxy Monitor
- Infrared Thermal Imaging
- Electrical Stimulation Feedback

#### **6. Rebuilding the Athlete**

- 10x10 Sprint Protocol
- Extensive Tempo Runs
- Electrical Stimulation – Isolated and Superimposed
- Breath Work

#### **7. Integrated Planning and Periodization in Performance and RTP**

- Vertical integration of training / rehab elements
- Identifying optimal recovery periods
- Off-season vs in-season priorities

## **Practical Session Demonstrations – Interspersed Throughout Course**

- Warm-up with HR and Moxy Monitoring
- NIRS and Injury Assessment and Monitoring
- Force Plate Evaluation for RTP and Athlete Screening
- Electrical Stimulation Applications – Assessment and Training
- 10x10 Implementation – RTP vs Performance Training
- Breath Work Demonstrations

**Early Bird Registration Fee:** \$649 US  
(code prior to October 18, 2024 – ‘*hhrecovery2024*’)

**Regular Registration Fee:** \$849 US

**Location:** Helix  
14000 Hayden Rd #120  
Scottsdale, AZ 85260  
United States

**Registration Link:**

<https://runningmechanics.com/events/advanced-practitioner-seminar-recovery>