

Regeneration after gym

December 5, 2015 | 7 upvotes | by [Veritas76](#)

Hello Gentlemen,

I started hitting the gym again. It has been about 2 months since. I basically follow a very simple 5x5 program exercising 3 times a week. I usually do a rock climbing session once a week.

I am approaching my first plateau at about 100kg for squats and 115kg dead lifts. I eat pretty well, about 2900 kcal in the training day and about 2700 kcal in rest days. Sleeping is good as well as I get 7,5-8 hours almost every day.

I would like to add at least one more hobby or expand on the climbing which I really like. However I have noticed that especially my legs are sore all the time nowadays. I think my regeneration is not fast enough to accommodate another physical activity.

Several guys here mentioned that they hit gym 4+ times a week plus they do martial arts etc. I am looking for any tips how to regenerate faster. What do you do to regenerate quick enough?

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Comments

RPAIternate42 • 3 points • 5 December, 2015 10:19 PM

You can't recover any faster, really. It's all mostly genetics.

If you are following Stronglifts 5x5s plateau and Deload scheme, and still can't crack that 100kg weight, I suggest advancing to Madcow 5x5.

[deleted] • 1 point • 5 December, 2015 10:30 PM

I am pretty sure I can go beyond 100kg on squats. I have not been forced to deload my squats and dead lifts yet. It is just regeneration I am worry about. Especially if I add anything else like climbing or any martial art..

I will definitely give a Madcow a try when I get to my limits with StrongLifts.

RPAIternate42 • 2 points • 5 December, 2015 10:39 PM

If recovery is the issue... Then you just need to recover. If you overtrain, the results will be far worse than simply "not recovering fast enough."

Strength training is a game of patience. Patience in building but also in recovering. Remember that lifting weights doesn't increase muscle growth; it simply incentivized your muscles to grow more... And that happens during recovery.

My rule for plateaus (with 5x5) is this:

Plateau once, back off 10% (per SL 5x5)

If I plateau at the same weight 2 more times, move to Madcow 5x5 *for that exercise only*

Plateau 3x on the same weight with Madcow, time to go to 5/3/1.

[deleted] • 3 points • 5 December, 2015 10:39 PM

This is a very expansive question.

Injury wise, don't get too strong too fast, supporting tissues take a long time to adapt/grow, and you're more prone to injury, just repetition is the fix.

recovery wise for muscles, it's really just nutrition, tearing them, and repairing them. up nutrition, but if you can't do the same strength from one to the next, then you're over training, and need more recovery time. Supposedly, as T levels rise, your recovery time gets faster

You may need more sleep, you may need less. you'll have to play with the levels to see what difference they make

in the end, you'll really have to isolate whatever variables you want to test, and see if it makes a difference, but you just might be working at peak for now.

DearJo • 2 points • 5 December, 2015 11:49 PM

Lacrosse ball and foam roller will workout any soreness and aid in recovery. There's youtube videos that show you how to use this stuff. I recommend Becoming a Supple Leopard book.

EDIT: oh I forgot, VooDoo floss bands. Don't balk, if used right they can recover any leg soreness. I standby this stuff.

Link

sauce: rando internet MRP

LBEB80 • 1 point • 5 December, 2015 10:13 PM

More calories maybe? Depends on your stats and goals. Try adding in some walking a couple times a week. Helps with recovery.

[deleted] • 1 point • 5 December, 2015 10:24 PM

I am at 82kg/181lb. 182cm/5'11. My goal is bulking (in last two months I went from 77 to 82kg).

That being said, with mentioned calorie intake I put some fat on as well. That makes me think that I eat enough.

I will try walking as you mentioned.

LBEB80 • 1 point • 7 December, 2015 03:57 PM

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Additionally, its possible your macros need to be adjusted. If so, ir would be more carbs (and then taking a little away from P/F) if you do not want to increase caloric intake.

[deleted] • 1 point • 5 December, 2015 11:26 PM

Thank you for your insight gentlemen.

handfulofnuts • 1 point • 6 December, 2015 12:42 AM

Maybe think about a program with less focus on squats. Greyskull LP (I use phraktur's version) is good for this—you're still squatting twice a week and pulling once, but you're not hitting the lower body quite as hard as with SL5x5.

Chahhhles • 1 point • 6 December, 2015 02:58 AM

Bcaa's are you friend. They are extra nutrients that most normal diets don't account for. Seriously, look into these. I use iso by performix and I'm never usually sore.

TheOakenshield • 1 point • 6 December, 2015 04:47 AM

What are you currently doing for recovery?

Your 200 calorie difference between training and non-training days is low. A lot of recovery comes down to nutrition. You might not be getting enough calories on training days, especially post workout calories. If your concerned about fat gain, cut the non-training day calories.

A post workout protein shake within 30 minutes is clutch for recovery. Good brands include plenty of BCAAs but you can always get those separately as well.

I drink about a gallon of water a day, little more on training days.

Sepean • 1 point • 6 December, 2015 05:38 AM

Your body just needs time to adapt. It'll get better.

If you're so sore that you have to skip sessions it is better to reduce volume and/or intensity and keep the frequency high. I've always been hit bad with DOMS if I'm not conditioned for the sport; when I began MMA I was sore for a week each time and that kept the frequency so low that it wasn't getting better; I had to take a

break from it (because sparring at low intensity isn't really an option) and do grappling circuits for a few months to condition my muscles for it.

wakethfkupneo • 1 point • 6 December, 2015 11:59 AM*

... hitting the gym ... about 2 moths ... 5x5 program ... approaching my first plato ...

Just like you're supposed to. Everything explained here: https://www.youtube.com/watch?v=JFZWM-_JNhQ

Take a good rest, then change your program.

[deleted] • 1 point • 7 December, 2015 03:16 PM

If you're over 40 you can try Creatine. Didn't make a bit of difference when I was younger, but I really notice when I don't take it now.

And just the no-duh things like : cut alcohol and caffeine, drink more water, dump any refined sugars or processed food and get enough sleep.

Redneck001 • 1 point • 7 December, 2015 05:23 PM

My wife does MadCow. She started with Strong Lifts, but squatting heavy 3 times/week was tough on her tendons and recovery. She's switched to MadCow and feels better, while making gains.

Or consider something like Greyskull. It's a linear progression program, you work at less percentage of your 1rm max, so its not as stressful on connective tissue.

The_Litz • 1 point • 7 December, 2015 05:52 PM

Having a similar issue with the legs. I found going for walks on in between training days helps with the soreness as well as our gym has a sauna wich I sometimes use on off days.

UEMcGill • 1 point • 7 December, 2015 05:58 PM

It wasn't touched on a lot but where are you at with your supplement regimen?

Water is your friend. The best way to get water in your muscles is creatine. Lots of studies that say it's perfectly safe and can be done all the time. Get on a good preworkout that contains it and have it at 30 minutes before. Also protein before and after works for me. (I'm 43). Both of these coupled with copious amounts of water will help you recover faster.

Next up is eating for performance. You've crushed it with the iron, go home and make sure you don't blow it. Straight keto is a mistake for people with heavy lifting (not saying you are) and people neglect this part. I eat a cup of rice within 1 hour of working out. You've used up all your glycogen stores, don't waste that muscle by letting it eat itself from the inside.

BCAA's and Fish oil have some benefit, I know people that swear by them, me I don't use them regularly, but if it works for you go for it.

[deleted] • 1 point • 8 December, 2015 08:14 PM

Thank your for your input Gentlemen. My take away:

1. I will stick with 5x5 as long as I can recuperate from it. At least one more month as I wanna break 225 lb for my squats.
2. I will take more carbs on training day and maybe a little bit less on other days.
3. I will try the rolling foam and walking. More water and BCAA supplementation (I am on creatin

already).

4. When I reach my limit I will switch to different program.

alpha_n3rd • 1 point • 8 December, 2015 10:05 PM

I've done two stronglifts cycles. Plateaued in the same place both times. Got sore joints both times. Didn't get much stronger second time. I'm switching to HST for my next cycle.

BluepillProfessor • 0 points • 9 December, 2015 05:05 AM

You didn't tell us your age.

Muscle milk and Creatine might help?