

DK POWER HOUSE

NATURAL RECOVERY · PEAK PERFORMANCE · REAL RESULTS

**10 RECOVERY HABITS
EVERY ATHLETE
SHOULD MASTER**

The exact recovery playbook from former NFL athlete Devin Clark.

— **DEVIN CLARK**

dkpowerhouse.com

READ THIS FIRST

The single most important thing you can do.

Recovery is where the work pays off. You do not get stronger in the gym — you get stronger after the gym, while your body repairs the damage you did. Skip the recovery and the training is just damage.

These are the ten habits that have done the most for me. They are free, mostly. They scale to any sport. And every single one is something I wish I had built earlier.

Pick ONE habit and start tonight. Then add another next week. Stacking small wins is how this becomes a system instead of a list.

1

of 10

Sleep is the workout you do at night.

Eight hours is not optional. Single biggest recovery lever — bigger than any supplement, any ice bath, any sauna. Growth hormone peaks during deep sleep. Inflammation drops.

ACTION

Lights down 60 min before bed. Phone out of the bedroom. Cold and dark. Consistent wake time, every day.

2

of 10

Hydrate like it is a training input.

Most athletes are 1-3% dehydrated and call it normal. Even mild dehydration drops power output, slows cognition, and tanks recovery.

ACTION

Half your bodyweight (lbs) in ounces of water daily, plus electrolytes on training days.

3

of 10

Protein at every meal — no exceptions.

0.7-1.0g per pound of bodyweight is the recovery range for athletes. The number itself matters less than the distribution: spread it across 3-5 meals.

ACTION

30-40g protein per meal. If you cannot hit it from food, add a clean whey or plant protein.

4

of 10

Mobility daily, not "when you get around to it."

Ten minutes a day beats 60 minutes once a week. The body locks down patterns you do not move through.

ACTION

Ten minutes after waking or before bed. Hip flexors, T-spine, ankles. One focus per day.

5

of 10

Cold is a tool, not a religion.

Cold plunges work — they shut down inflammation and force you to control your breathing. The catch: do not plunge right after a strength session.

ACTION

Cold exposure on rest days or before training, not immediately after lifting. 2-4 minutes is plenty.

6

of 10

Heat builds resilience too.

Sauna sessions (15-30 min, 3-4x/week) train the cardiovascular system, improve insulin sensitivity, and trigger heat-shock proteins that aid recovery.

ACTION

Post-training or evening sauna. Hydrate before and after.

7

of 10

Soft tissue work — find what works for you.

Massage, foam rolling, percussion, cupping — they all do roughly the same thing. Pick one or two and stay consistent.

ACTION

5-10 min foam rolling after training. Real massage once or twice a month.

8

of 10

Strategic supplementation — short list, not a stack.

The supplements with the strongest evidence for athletes are short: creatine, protein, omega-3s, vitamin D, magnesium, and a quality electrolyte. That is it.

ACTION

Audit your stack. Cut anything you cannot explain the mechanism for.

9

of 10

Sleep is so important it is on this list twice.

Yes, on purpose. Most "recovery hacks" you will see online are 10% as impactful as adding one hour of consistent sleep.

ACTION

Go to bed earlier.

10

of 10

Recovery is a mindset, not a checklist.

The athletes who recover well treat recovery as part of training, not the part you do when tired. They schedule it. They prioritize it. They do not apologize for it.

ACTION

Put recovery on your calendar like you put training on it.

WHAT IS NEXT

Stack the wins.

Pick ONE habit from this list. Start tonight.

Add a second next week. Add the third the week after.

In 90 days you will not recognize how you feel.

Read the full breakdowns at dkpowerhouse.com/articles/

Get the newsletter — recovery + performance, straight from Devin.

Subscribe: dkpowerhouse.com/free-download/

— DEVIN

Founder, DK Power House · Former NFL