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## How Necessary is the Recovery Week?

Posted by discoV - 2008/04/28 21:21

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I am wondering because I went on a vacation and stayed a little longer than expected. There was no way for me to work out there b/c it was basically a big booze fest w/a 3 day concert mixed in. I missed about 5 days of work. I started back a few days ago but I have a few blank spots in my calender where I missed. I kinda need to stay on the same calendar I made b/c it ends right before another vacation and this one could last anywhere between a week and a month. Should I just work right through my recovery week to make up? I don't really like the idea of resting anyway.

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## Re:How Necessary is the Recovery Week?

Posted by Les - 2008/04/28 21:41

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it very necessary. that's is part of the muscle confusion process.  
it allow your muscles to recover from all that tearing they incurred during the previous 3 weeks

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