

# An easier day

Reviewed 31 October 2026 · General adult education

Rest, or 15–25 min · A comfortable place to walk or gently move

Before starting: use the pathway readiness check. These sheets are for adults without symptoms or restrictions affecting exercise. Experienced sheets require familiar technique. A matched result is not medical clearance.

Stop for pain, dizziness, chest symptoms or unusual breathlessness. Urgent or severe symptoms need urgent local medical help. Do not push through symptoms.

## Effort & preparation

Deliberately easy. Complete rest is equally valid.

Start gently if you choose to move.

Pause as often as you like.

## 01 Optional easy movement | 10–20 min

A relaxed walk or cycle plus comfortable mobility. No stretching into pain.

Easier option: Take a full rest day.

Finish: Check sleep, food, soreness and how you feel before choosing the next session. This is not a medical readiness score.

# Record this session

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An easier day · Use the instructions on the preceding page(s).

|                               |  |
|-------------------------------|--|
| Date / session start          |  |
| Sleep / energy beforehand     |  |
| Exercises: load, reps by set  |  |
| Effort / reps left in reserve |  |
| Comfort / recovery afterwards |  |

## Choose your next step

Comfortable and on target: repeat. Harder than intended: use an easier option or less resistance next time. Poorer recovery: rest or use the easier-day sheet. Symptoms: stop and follow the safety guidance.

For strength only: after two comfortable sessions at the top of the stated repetition range with the intended reserve, optionally make the smallest familiar load increase and return to the lower repetition count. Do not also add sets. There is no automatic weekly progression.

Aerobic work: repeating the same manageable dose is useful. Do not automatically add speed, duration or intervals.

|                              |  |
|------------------------------|--|
| What I will repeat or change |  |
|------------------------------|--|

## Sources & editorial limits

Training and competition load: IOC consensus

<https://doi.org/10.1136/bjsports-2016-096581>

Energy availability and athlete health: IOC

<https://www.olympics.com/ioc/news/ioc-publishes-new-consensus-statement-on-relative-energy-deficiency-in-sport-puts-to-protect-athlete-health>

Sources inform general principles; they have not tested or endorsed these exact KYH workouts. Original editorial templates, AI-assisted, not independently reviewed by a clinician.