

# the daily push

## Webinar Deep-Dive Video/Article Sheet

### Recovery:

- **Programming** (podcast): <https://www.youtube.com/watch?v=0Mr83qmd6S4>
- **Recovery guide:** <https://www.thedailypush.com/recovery>
- **Sleep:** <https://www.thedailypush.com/sleep>
  - **5 hacks for better sleep:** <https://www.thedailypush.com/how-to-sleep>
- **Tools:**
  - **Foam rolling:** <https://www.thedailypush.com/foam-rolling>
  - **Yoga:** <http://www.thedailypush.com/skate-yoga>
  - **Stretching:** <https://www.thedailypush.com/stretching>

### Mental hacks:

- **Visualisation:** <http://www.thedailypush.com/visualisation>
- **Hack mental power:** <https://www.thedailypush.com/mental-power>
- **Mind/learning/motivation:** <https://www.thedailypush.com/mental-recovery>
- **Growth mindset/goals:** <https://www.youtube.com/watch?v=XIBnxosKo5U>

### Nutrition:

- **Carbs:** <http://www.thedailypush.com/carbohydrate>
  - **Fats:** <http://thedailypush.com/fat>
  - **Protein:** <http://thedailypush.com/protein>
  - **Quality foods:** <https://www.thedailypush.com/whole-foods>
  - **Hydration:** <https://www.thedailypush.com/hydration>
- **Building plates/hand portion guide:**  
<https://www.thedailypush.com/hand-portion-meal-guide>
- **Pre-skate nutrition:** <https://www.thedailypush.com/nutrition-preskate>
  - **Doping with beetroot:** <https://www.thedailypush.com/beetroot-power>
- **Mid-skate nutrition:** <https://www.thedailypush.com/nutrition-midskate>

- **DIY energy drink:** <http://thedailypush.com/diy-energy-drink>
- **Post-skate nutrition:** <https://www.thedailypush.com/nutrition-postskate>

## **Resistance training:**

- **Systems involved in skating** (podcast):  
[https://www.youtube.com/watch?v=\\_pEtT8h1fbk](https://www.youtube.com/watch?v=_pEtT8h1fbk)
- **Jump roping for increase in pop:** <http://www.thedailypush.com/jump-roping>
- **Core training:** <https://www.thedailypush.com/core-training-part1>
- **A leg workout:** <https://www.thedailypush.com/leg-workout>

## **The NBD programs:**

- **The NBD Elite:** <https://thedailypush.com/nbd-elite-about>
- **The NBD 12 Week:** <https://www.thedailypush.com/12-week-program-about>