MCP SERVER | NO CODE | CLOUD HOSTED

Active Recovery Planner MCP

Get custom recovery sessions based on your training load.

Active Recovery Planner MCP uses your physiological data, like workout intensity and muscle fatigue, to build recovery sessions that actually work. It stops you from overtraining by checking your recovery windows and suggesting specific metabolic targets for blood flow and metabolic clearance.

A+ Quality Score 100/100

recovery | training | fitness | athlete | wellness

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vinkius.com/en/ai-agent-connect/active-recovery-planner

SCAN TO VIEW

The connectivity layer between AI and the world's software.

Vinkius sits between AI and every application. All communication passes through Vinkius Cloud via the Model Context Protocol (MCP) — with governance, observability, and security at every layer.

Your AI Connections Run Through Vinkius Cloud

The world's largest managed MCP catalog

Vinkius is the connectivity layer where AI connects to the software your business already runs. We handle the hosting, the security, the credentials, the uptime — you get agents that actually do things.

We operate the world's largest managed MCP catalog. Major SaaS platforms, CRMs, databases, and cloud providers — running, monitored, production-ready. This MCP server is hosted and maintained by the Vinkius Cloud for AI Agents.

> *The agent doesn't manage credentials, doesn't manage uptime, doesn't manage security. Vinkius does.*
>
> — Architecture principle

Four Pillars of the Vinkius Runtime

01 — Security by design

Credentials stay encrypted at rest via AES-256. The AI agent never touches raw keys — they're injected into a sandboxed V8 isolate at runtime. Actions are logged, and connections have an emergency kill switch.

02 — Built on MCP Fusion

This MCP server was built with **MCP Fusion**, the open-source framework (Apache 2.0) that powers the entire Vinkius catalog. Schema-as-firewall strips undeclared fields, compiled PII redaction runs at zero overhead, and cryptographic lockfiles produce git-diffable audit trails.

03 — Deterministic observability

Eight immutable metrics per endpoint: request volume, p95 latency, error rate, active connections, cost attribution. A live payload feed logs every tool call with mutation detection.

04 — Autonomous operations

Servers are deployed, monitored, and patched autonomously. New capabilities and security patches ship weekly. Zero-downtime deployments ensure continuous availability across all managed MCP servers.

AES-256	Ed25519	24h TTL	V8 Isolate
Encryption at rest	PKI vault signatures	Ephemeral session keys	Sandboxed execution

One Token. Instant Access.

Every MCP server on Vinkius is accessed through a **Connection Token**. Tokens are generated in the cloud dashboard and produce a unique MCP endpoint URL. Paste this URL into any MCP-compatible client — no SDK required.

A single token can serve **multiple AI clients simultaneously**, or you can issue separate tokens per client for granular access control. Each token tracks its own request count, last activity timestamp, and can be individually enabled or revoked.

MCP ENDPOINT

```
https://edge.vinkius.com/{token}/mcp
```

Claude · Cursor · VS Code · Windsurf · Grok · Gemini

Security Is the Architecture

Security in Vinkius is not a feature — it's the foundation of the runtime. The gateway enforces multiple independent protection layers between AI agents and third-party APIs.

01 — Ed25519 PKI Vault

Every workspace has an Ed25519 Master Key. Session keys are generated ephemerally (24h TTL) and signed by the Master Key. Credentials never leave the vault boundary.

02 — V8 Isolate Sandboxing

Tool code runs inside isolated-vm V8 isolates with 64 MB memory caps and per-request timeouts. No filesystem access, no network access except through the SSRF-guarded fetch bridge.

03 — SSRF Guard

All outbound HTTP requests are DNS-resolved and validated before execution. Private IP ranges (10.x, 172.16-31.x, 192.168.x, AWS metadata 169.254.x) are blocked at the network layer.

04 — DLP & PII Redaction

A ResponseGuard pipeline intercepts every tool response. Configurable redaction patterns strip sensitive fields (emails, SSNs, card numbers) before data reaches the AI agent.

05 — Cryptographic Audit Trail

Every request is signed into a SHA-256 hash chain with Ed25519 signatures. Events form a tamper-proof, SIEM-exportable forensic record.

06 — Honeytoken Trap System

Phantom credentials are injected into isolated environments. If a honeytoken is used outside Vinkius infrastructure, the server is quarantined instantly.

Emergency Kill Switch

EU AI Act Art. 14(1) Compliant

The kill switch is an **emergency halt** mechanism — not a simple toggle. When triggered, it executes three actions atomically:

01 — Server deactivated

The MCP server is immediately taken offline across the entire cluster.

02 — All tokens revoked

Every connection token is invalidated. Total lockout — reconnection blocked until new tokens are issued.

03 — WebSocket connections killed

Active connections terminated via Redis pubsub broadcast. Propagates to every runtime node in the cluster.

Full Visibility. Zero Guesswork.

The Vinkius cloud dashboard includes a full MCP Governance suite — real-time analytics and security controls for production AI operations.

Control Plane

KPI dashboard with request volume, latency, success rate, token consumption, and AI-generated operational briefings.

Agent Activity

Which AI clients are connecting, how often, and what they're doing — real-time session tracking.

FinOps

Cost tracking per tool, payload compression savings, budget optimization signals, and consumption trends.

Tool Health

Slowest and most error-prone tools, with actionable root-cause insights and performance baselines.

Firewall & DLP

PII redaction activity, sensitive data protection counters, and security event timeline.

Incident Log

Error trends, failure rates, status-code breakdowns, and forensic audit trail access.

> Get started at **cloud.vinkius.com** — connect your AI agent in under 60 seconds.

Active Recovery Planner MCP

4 tools available
Cloud-hosted on Vinkius

Stop guessing if you should rest or move. This MCP acts as a planning engine that looks at your recent training load and fatigue levels to design recovery sessions that promote blood flow without adding more structural stress to your body. You can tell your AI client exactly how tired you feel or which muscle groups are sore, and it will use that data to pick the right activity. It handles the math on heart rate zones and timing, so you can focus on the movement. Whether you need a light swim to flush out metabolic waste or a specific intensity target for a walk, this MCP provides the exact guidelines you need to recover properly.

Core Capabilities

01 — Personalized Session Planning

Your agent uses your fatigue levels to build a custom recovery routine.

02 — Activity Suitability Checks

The AI checks if a specific exercise will help or hinder your recovery.

03 — Metabolic Target Setting

It provides specific heart rate or intensity zones for your sessions.

04 — Timing Validation

The tool checks if you are within the right window to start a recovery session.

One Click on Vinkius — From Prompt to Execution

Available at **vinkius.com/en/ai-agent-connect/active-recovery-planner** — connect your AI agent in three steps.

01 Connect the MCP to Claude, Cursor, or Windsurf via Vinkius.

02 Tell your AI client about your recent workout and fatigue level.

03 The AI uses the MCP tools to analyze your physiological state.

04 Receive a specific recovery plan with intensity targets and activity suggestions.

Connect the MCP to your AI client and start feeding it your training data.

Built For

This MCP is built for people who take their physical training seriously and need data-driven rest periods.

Athletes

Use it to manage training loads and prevent overtraining.

Fitness Enthusiasts

Use it to decide between active rest or total rest days.

Coaches

Hand off recovery planning to an agent to manage athlete fatigue.

What Changes When You Connect

01	Reduces structural stress by selecting low-impact activities.
02	Promotes blood flow and metabolic clearance through targeted intensity.
03	Prevents poor timing by validating recovery windows.

Real-World Applications

Post-Leg Day Recovery

Get a low-impact activity recommendation after heavy lower body training.

Fatigue Management

Adjust your recovery intensity based on a 1 to 10 fatigue scale.

Activity Selection

Determine if a specific sport or movement is appropriate for your current state.

Heart Rate Targeting

Find the exact metabolic zone needed for effective active rest.

4 Tools Available

#	TOOL	DESCRIPTION
01	`get_intensity_guidelines`	Provides specific metabolic or heart rate intensity targets for your session.
02	`get_modality_suitability`	Checks if a specific activity aligns with your current recovery needs.
03	`get_recovery_plan`	Generates a complete active recovery session plan based on your current physical state and constraints.
04	`validate_recovery_window`	Checks if you are attempting to recover too soon or too late after a workout.

See It in Action

Real prompts you can use once this MCP is connected to your AI agent through Vinkius Cloud.

U I just finished a high intensity leg workout and I'm feeling a 7/10 on fatigue. I have 30 minutes. What should I do?

Based on your high fatigue and leg training, a 25-minute low-impact swimming session is recommended to promote blood flow without stressing your lower body.

U Is running a good idea for recovery after a heavy upper body session?

Yes, running is a suitable recovery activity after upper body training as it provides low impact to your targeted muscle groups.

U What intensity zone should I aim for if I'm very exhausted after a moderate workout?

Since your fatigue is high, you should stay within Zone 1 (Recovery), which focuses on extremely light effort primarily for blood flow.

Frequently Asked Questions

01 **How does the MCP decide what recovery activity to suggest?**

It looks at your previous workout intensity, which muscle groups you trained, and your current fatigue levels to pick an activity that promotes blood flow without adding stress.

02 **Can I use this with Claude or Cursor?**

Yes, you can connect this MCP to any compatible client like Claude, Cursor, or Windsurf once you connect it through Vinkius.

03 What if I want to do a specific exercise for recovery?

You can ask the AI to check the suitability of a specific activity, and it will use the modality suitability tool to see if it fits your needs.

04 Does it provide heart rate targets?

Yes, the tool provides specific metabolic or heart rate intensity guidelines for your recovery sessions.

05 How does it handle timing?

The MCP includes a tool to validate your recovery window, ensuring you aren't trying to recover too early or too late after a session.

Go Live in 60 Seconds

Get your connection token from **cloud.vinkius.com**, then paste the endpoint URL into any MCP-compatible client.

YOUR MCP ENDPOINT

```
https://edge.vinkius.com/[TOKEN]/mcp
```

CLIENT	WHERE TO CONFIGURE
Claude AI	Profile → Customize → Connectors → "+" → Add custom connector → Paste endpoint
Cursor	Settings → Features → MCP Servers → "+ Add New MCP Server" → Type: SSE → Paste endpoint
VS Code	Ctrl/Cmd+Shift+P → "MCP: Add Server" → add `"active-recovery-planner": { "url": "…" }`
Windsurf	MCP Settings → `mcp_settings.json` → Add endpoint URL
ChatGPT	Settings → Tools & plugins → Add MCP server → Paste endpoint
Gemini	Extensions → Add MCP Server → Paste endpoint URL

ASK AN AI ABOUT THIS

Let your preferred AI explain this MCP server

- Ask ChatGPT
- Ask Claude
- Ask Perplexity
- Ask Gemini
- Ask Grok

READY TO CONNECT

Active Recovery Planner is live on Vinkius Cloud.

Get your connection token, paste it into your AI agent, and start building. No SDK. No deployment. Just results.

Start at cloud.vinkius.com →

vinkius.com · support@vinkius.com

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DOCUMENT INFORMATION

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Platform	Vinkius Cloud for AI Agents
Endpoint	`https://edge.vinkius.com/{token}/mcp`

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