

2014 CAP CITY

5K, Quarter &
Half Marathon
May 3rd, 2014

Training Tips



Tips for a Speedy Post Race Recovery

The key to efficient recovery and minimizing post race aches, pains and injuries is to begin the recovery process the minute you cross the finish line.

Take 10 minutes and keep moving with easy walking. Walking at an easy pace allows the body to come down more gradually and circulates blood back to normal distribution quantities and regions on your body (i.e. stomach for digestion...). It prevents fainting and blood pooling in the legs that occurs if you immediately sit down post race. It also allows your body to process the lactic acid that builds up during the race.

Have a sports drink like Gatorade G2 within the first few minutes to increase blood sugar levels and replenish electrolyte levels in your system (sodium, potassium). Eating salty foods like pretzels will also boost electrolyte levels.

Eat a meal rich in carbohydrate and a little lean protein and low in fat within the first 30 minutes post race (longer distances only). This will replenish the glycogen stores depleted in the race as well as provide protein to rebuild muscle tissue damage. Consuming fuel post-race is vital for an efficient recovery process. Delayed post race fueling can result in adding days to the recovery process. There is a short window of opportunity post race within 60-90 minutes that the body is very receptive to fuel absorption. Like a dry sponge soaking up water, your muscles will refuel quickly and use the fuel to begin healing.

Eating carbohydrates with protein replenishes glycogen faster. For example, a bowl of rice with chicken or cereal with milk would provide the ratio of carbohydrates to protein. Many times, it is not possible to eat due to a decrease in appetite. In this case, you can bring a Recovery Drink like Clif Recovery or EAS or Powerbar Recovery Drink that has a mix of carbohydrates and protein and when mixed with water is the optimal way to consume nutrients quickly without having to eat.

Soak your body (hips and legs) in a cold tub within 2 hours of finishing the race. Fill with lukewarm water, get in with your rubber ducky and then add ice cubes. Normal post race swelling will decrease in cold water and speed recovery. This sounds awful but is highly effective in recovery strategies. It is the first thing most professional athletes do post game or race.

It is safe to take anti-inflammatory products like Advil 3+ hours post race when your body is replenished with glycogen and fluid levels. Avoid taking them during or immediately after the race or long runs. These products will help reduce inflammation and pain related to stiffness.

Continue hydrating throughout the day to replenish fluid losses. Use the urine test to monitor adequate hydration levels. If your urine is pale yellow you are adequately hydrated.

Schedule a massage 3+ hours post race or the next day. Massages too soon after finishing the run can create more soreness. Massage can have a dramatic effect on recovery times.

Take a 20 minute nap 2-4 hours after eating. Your body at rest will absorb more readily the food in your stomach and speed healing.

Pay attention to aches and pains post race. Most aches and pains will subside in 48-72 hours. In most cases, the time off will allow the aches to heal. If they stick around for a week or more or grow worse, schedule an appointment with a physical therapist or orthopedic doctor. It is better to be safe than sorry.

Source: www.Activetrainer.com. Jenny Hadfield, 2006