

## **10 Ways To Increase Recovery After A Race**

1. Work on maintaining technique when you fatigue, especially on the run. The more your form breaks down, the more you deviate from your normal movement patterns which can lead to a longer recovery.
2. Have a sound pre and post race nutrition plan and stick to it. If you used it in training and it worked, there's no reason to do anything different at this point.
3. Avoid the post-race massage tent. Your muscles aren't quite ready for this when you finish. Instead, schedule a light massage to flush your muscles 3-7 days after the race.
4. Take an ice bath! It may be painful to ease yourself down into the tub, but it will ease the pain you would otherwise feel in your legs. Fill the bathtub with cold water and ice so the water is about 58°F. Soak for 10 mins. Do this immediately after the race and again the next day.
5. Sleep in the day after the race. When you sleep, your body secretes growth hormones.
6. Take contrast showers for two days after the race. Alternate 3 minutes of hot water with 90 seconds of cold water. Switch several times, but finish with cold.
7. Avoid over-the-counter anti-inflammatories. Instead, use Arnica or Traumeel.
8. Create your restart training plan in advance. Swimming and biking can be done 2-3 days after the race. Wait 7 days after the race to do an easy run. After 10 days, you can return to your regular schedule, but reduce intensity.
9. The last thing you want to do after a race is return to chaos at home or work. Plan in advance so there are no headaches or long days when you get back.
10. If you regularly see a Physical Therapist, Masseuse, Chiropractor, etc., make an appointment and get a check-up.