

Training for the Sun Run?

Use these RECOVERY TIPS to maximize your training and get better results on race day!

1. FOAM ROLLING

Foam rolling is a great tool for recovery. A foam roller helps blood flow to muscles. It is also a form of self-massage that can reduce/eliminate muscle tightness. For more information on foam rolling please see our "Foam Rolling and Trigger Point Ball" newsletter.



2. NUTRITION

Post exercises nutrition is critical to a quick recovery. Eating 30-45mins post work out is crucial to replenishing lost glycogen stores in muscles. Foods with carbohydrates and easily digestible proteins (chocolate milk, Greek yogurt) immediately post workout are the most effective recovery foods.

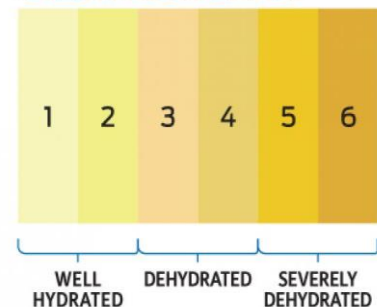
Moreover, eating healthy fats (avocados), proteins (chicken breast), and slow digesting/complex carbohydrates (brown rice) in your major meals will help build muscle. For more information regarding post exercise nutrition, please visit Body-Works.ca and read our "Post Exercise Nutrition newsletter".



3. HYDRATION

Hydration is one of the easiest and most important ways to recover after training. The easiest way to determine if you are hydrated is to check your urine colour. Aim for clear-light yellow urine. Use the chart on the right to see where you are at!

CHECK YOUR URINE!



4. SLEEP

Sleep is often overlooked as a recovery "tool". During sleep, the body (muscle) uses this time to regenerate and rebuild damaged muscle fibers. Not only will extra sleep help you be more focused, feel fresher, and reduce sugar cravings, but it will help you have more energy to push yourself to new levels when training (and racing!)

