

Marathon Recovery Tips

So you just finished your marathon, now what??

Here are some tips on good recovery so you can keep running strong!



Day Of Race: Just keep walking. Your body is still in marathon mode when you finish and is in great need of a transition phase. Walk at least 10 to 15 minutes—back to your car, hotel.

Eat, drink, and be merry. Eat a small snack within the first 30-60 minutes post-race. Post-race is more about getting in about 200-300 easily digested calories from carbohydrates and protein to maintain blood sugar levels, replenish muscle glycogen, and repair muscle tissue. Half of a turkey sandwich, carrots, and almond butter or pretzels will do the trick. If it's a hot race, try liquid recovery drinks. If it's cold, soup gets the job done.

Chill out. Soak in a cold water bath for 5-10 minutes and consider compression tights. Both can aid in decreasing inflammation in your legs & speed the rate of healing.

Get your legs up. 5 to 10 minutes in the Yoga Pose “Legs Up on the Wall” or “Viparita Karani”). It refreshes circulation and gently stretches the legs.

Stretch, roll, and massage. Wait at least 2-6 hours after the race to stretch and foam roll, and at least 24 hours for a massage. This allows your muscles time to replenish fluids and energy lost and recovers from the demands of the race.

Getting back to it One of the most common mistakes is running too soon post-race!

Post Race Week I – Cross-train, rest. Invest the first week in short, light effort, low impact cross-training activities that will boost circulation, warm your muscles and aid in the healing. If all feels well later that week, run a short test run easy effort run (30 minutes).

Post Race Week II – Run short and easy. If things still hurt – keep cross-training and let simmer. For week two, start back to your normal running frequency but keep the effort easy and the distance shorter (30-60 minutes).

Post Race Week III – run longer and a little faster. If things are still feeling well, in week three ease back into distance and intensity.

