

6 TIPS FOR RACE RECOVERY



Did you know good race recovery starts long before the finish line? Check out these tips to rebuild and re-energize post-race.

PRACTICE RECOVERY DURING YOUR TRAINING

It's never too early to start recovery. To reduce soreness and help your training, add recovery to your race routine.

GO FOR PROTEINS AND CARBS

During the first hour after a vigorous run, a runner's muscles are primed to recover. Take advantage of the time window by choosing foods high in protein and carbohydrates.



HYDRATE TO REGENERATE

Hydrate before, during and after a run. You're replacing both water and electrolytes, so drink up and don't be afraid to salt your food.



AVOID TOXINS

There's no shame in a celebratory beer following the end of a long race. But too many drinks can impair muscle improvement and slow recovery.



KEEP MUSCLES LOOSE

Regular stretching is key to post-run recuperation. Use a foam roller to help release muscle tightness. Also, try putting your feet up, an Epsom salt soak and ice baths to aid muscle repair.



LIGHTEN WORKOUTS

Post-race, slow your pace and keep exercise light. Swimming, biking or walking can ease you back into workouts. Consider yoga to help with stretching. After a few days, if you're ready, try jogging at a slow pace — for just a mile or two.

