

Post Long Run Recovery Tips

As with any sport, running will progressively break down muscle tissue and then rebuild to make you more fit. The impact is greater the longer distances you run. There are some simple steps you can take after your cool down that will assist your body in the recovery process, perhaps prevent injury, and can help prepare your body for your next workout.

FLUID REPLACEMENT: It is important to replace the fluids your body sweats out. Take in fluids the first hour or two after a workout. A typical post - run sign of dehydration is extreme fatigue. You'll know you have adequate fluid if your urine is light yellow in color. Recovery Drinks (like GU Recovery drink)

EAT SOMETHING: Ideally you should eat within 30 minutes. Include about 60% carbs to replenish depleted glycogen in your body and protein for muscle repair: breakfast burrito, pancakes with walnuts and a glass of milk, pasta with a meat sauce, or a bowl of bean/vegetable chili over rice are some examples. Some people cannot eat after a long run, so try a recovery drink that has the carb/protein blend.

ICE PACK: If you have acute muscle soreness or pain, use an ice pack and ice any sore areas for no more than 5 minutes at a time to relieve pain. If soreness continues, ice 2-3 times a day.

COMPRESSION SHORTS/TIGHTS: Compression apparel reduces excessive muscle movement, increases blood flow and oxygen delivery to muscle tissue, minimizing lactic acid buildup and muscle soreness. Wear them for 8 to 24 hours. Examples: CWX, CEP, or 2XU.

REST: Some people respond best with having some rest or a nap after a long run.

FOAM ROLLER OR ADDADAY STICK: A foam roller or Addaday stick can break through tight tissue and help reduce soreness significantly.

EASY ACTIVITY: Especially after a long run, it's a good idea to schedule lighter activities to allow your body to recover. Some people actually respond better to some movement after a particularly hard workout. The more you stay stagnant, the more your muscles will tend to tighten up.

RECOVERY RUN: A common mistake runners make is to go out on a "recovery run" and run hard again. This can lead to injury. Allow about 48 hours between hard workouts. The recovery runs on your schedule should be at an EASY pace. They allow you to get in needed mileage without causing further muscle breakdown