

POST RACE RECOVERY

- As uncomfortable and unpleasant as it might seem the top tip is to keep moving after your run. Keep walking for approx. 5-10 minutes post race. This will help reduce the risk of developing tight stiff muscles.
- Change into a warm set of clothes as soon as possible after the race, you may feel warm still but your body temperature will be dropping.
- Ensure that you eat a carbohydrate and protein filled meal/snack within 1 hour of completing the race to try and make up the energy that you have used.
- Make sure your re-hydrate, an electrolyte solution can help you replenish your stores. The general rule of hydration is if your urine is colourless or a light yellow you are hydrated.
- Allow a sufficient period of rest time before you go back to training or vigorous activity. Times will vary depending on your fitness levels and the level of the race completed. Top tip is listen to your body, you will know better than anyone else when your body is ready to go back.
- Spend around 10-20 minutes doing stretches after you are finished, this will help to release the tightness in the muscles that has built up and aim to reduce the risk of aches and pains developing. Hold each one for a second or two (to the point of slight tension); release momentarily; then stretch again. Do a total of 20 reps.

