

## Half Marathon Recovery Training Tips

1. It is extremely important to allow your body to RECOVER after completing the Half Marathon. As soon as you cross the finish line your recovery starts. This is the stage where if neglected, sore muscles can lead to fatigue and injury.
2. HYDRATION is the first thing you should think about. There is a water station situated at the finish, so make sure you make use of it. For your body to completely hydrate it is a good idea to keep drinking water throughout the remaining of the day.
3. As soon as possible after crossing the finish line try to eat a CARBOHYDRATE enriched snack, such as a cereal bar or a banana – banana's are available at the finish. Although you may not feel like eating, it is important to top up your depleted energy stores within the first 30mins of finishing. Carbohydrate recovery drinks are beneficially at this stage, especially if you cannot stomach food. Eating a carbohydrate-based meal later on in the day will also assist your recovery.
4. Your body TEMPERATURE will suddenly drop when you stop running; to prevent your muscles getting cold put some warm kit on straight away.
5. Although you will probably not feel like doing any more exercise, try to ensure that you adequately COOL DOWN. Cooling your muscles down will help to break up lactate acid, the substance that makes your muscles feel sore. You should cool down while you are still at the venue, by stretching the muscles used and doing some slow jogging or walking for 5-10 minutes.
6. Although you will feel like soaking in a hot bath after completing the half marathon, heat will only result in increased muscle swelling. Therefore, you should actually do the opposite. Although hardly a pleasant experience, a COLD BATH or putting ice on sore muscles for approximately 10 minutes will prevent further swelling and hence, assist recovery. Always remember not to place ice directly on your skin, use a cloth to prevent ice burn.
7. If you experience muscle cramp or intense muscle soreness, make use of the SPORTS MASSAGE team situated at the finish. It is often beneficial to book yourself in for a professional sports massage a few days after the Half Marathon. Leaving a few days will allow a reduction in the initial muscle tightness.
8. If possible, on the day after the half marathon, try to do some steady recovery JOGGING or walking. Although it may seem strange to do the activity that has made your muscles tight, 'easy' activity will help break down muscle waste products and hence alleviate soreness.
9. During the week after the Half Marathon, TAKE IT EASY, ensure you are receiving a nutritious diet and drink plenty of water or diluted fruit juice. Avoid doing intensive training or high impact exercise until your body has fully recovered.
10. Finally, you deserve a big well done and we look forward to seeing you at next year's event!