

RECOVERY TIPS FOR RUNNERS

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Source and idea adapted from: <https://fitivate.com/running-recovery/>

The immense stress placed on the body during this bout of endurance activity cannot be taken lightly. Due to the exceeding demands placed on physiological functions such as musculoskeletal, cellular and immune systems, post short and long-distance runners' recovery measures are crucial.

Implementing a planned recovery strategy can help individuals bounce back faster and stronger. Check out the recovery methods below

All Efforts Put In

It is advisable to continue pacing around for at least 10-15 minutes after the run. This is because, all that running would have channelled considerable blood flow to the legs, cooling down through slow walking will encourage normal circulation and prevent muscle cramping.

Receive Nutrients And Flush Out Toxins

Even though many might not feel hungry immediately after the run, it is still beneficial to replenish the energy depleted system by snacking on something small and easily digestible. Fast energy-releasing foods such as energy bars, bananas or sports drinks are great post-run nutrition to consider.

Avoid foods that are fatty, deep fried or loaded with sugar as they might wreck the digestive system and essentially undo all efforts to put in throughout the race.

Keep the fluids coming, drink up and make sure all signs of dehydration are quelled. A healthy intake of water encourages better blood circulation which helps the musculoskeletal system efficiently receive nutrients, flush out toxins and by-products.

Keep Things Dry

As the immune system dips after the run, it is important not to expose the body to elements that might exacerbate the onset of sickness such as a cold or flu. Prepare a dry set of clothes to change into after the race, towel dry and avoid air-conditioning.

Active Rest

Avoid vigorous training in the next 5 to 7 days and allow the body to recover. Make sure to clock 7 to 10 hours of nightly sleep as snoozing provides a conducive condition for the body to repair itself. Completely becoming a couch potato for the days following the race will only prolong sore muscles. Light exercise such as brisk walking, light cycling, swimming, stairs climbing or simple body weight workouts can help to prevent stiffness in the joints and muscles.

Allow Your Body To Recover

Consider some light forms of massage immediately after the run in-order to loosen tense muscles, but try to avoid overly heavy rubs as this might aggravate injuries picked up during the journey, especially those that go unnoticed or got immediately felt.



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