

# Post-Race Recovery



## Hydration

Increase your water intake and replenish with electrolytes. You can rely on an electrolyte drink or you can restock electrolytes with whole foods. Watermelon and canteloupe have a high water content. Bananas, avocados, and kiwi supply potassium. Spinach, kale, and other leafy greens provide magnesium. Salt watermelon and canteloupe to replace both fluids and electrolytes. Continue to focus on hydration throughout race day AND the day after.

## Nutrition

Consume 20-30 grams of protein within 30 minutes of finishing your race to minimize muscle breakdown and maximize muscle repair. Add carbs to restock your glycogen stores. Replenish any calorie deficit, particularly after a marathon.



## Sleep/Rest

A 90-minute nap mid-afternoon on race day can do wonders in jump-starting recovery. You likely didn't sleep well the night before your race so take the time to catch up! A good night's sleep is a must after a hard race effort. If you have trouble going to sleep try a hot shower, a soak in the hot tub, or some mindful breathing (5-6 second inhales and exhales have the most positive effect on heart rate variability).

## Movement/Mobility

There is a reason the Pros take a cool-down lap after a race. A slow jog post-race helps bring down heart rate and blood pressure after a hard effort AND promotes circulation to the muscles. Keep moving after you cross the finish line (walking is fine) and your body will thank you for it later. Foam roll sore muscles to work out stiffness. Roll a soft ball underfoot to soothe tired and sore feet. Active recovery like an easy walk, bike ride, or swim in the days following your race is preferred to sitting around on the couch all day.



## Bonus Tips

- Change into dry/warm clothes ASAP.
- Avoid ibuprofen and other NSAIDs (inhibit muscle healing process).
- Stick to one celebratory beer and leave the rest for another day.
- Consider a post-race massage.
- Wear compression socks to speed recovery.
- Use HRV to monitor recovery.