



TIPS TO RECOVERY

Rest and recovery is crucial to repair muscles and tissues strengthened in training. Our schedule builds in important time to cross train and let your leg muscles recover from each track workout.

Best practices:

- **10% Rule** – increase the intensity (i.e. speed/distance/time) of a workout no more than **10% weekly**. This minimizes pain and injury and safely builds stamina, strength and performance.
- **Cross train** – alternate run/walk workout days with biking, yoga, Wii fit, strength conditioning or some other activity.

Before your workout:

- Stretch, stretch, stretch those legs, back and arms.
- Eat – banana, granola bar – some carbs fuel the workout!
- Hydrate before the workout. As the heat returns, this is critical to avoid heat stress and dehydration.



Tip: Your body requires 8 glasses per day in addition to replacing the fluids lost during workouts!!

After your workout—within 1 hour of ending:

1. Keep moving! Never just stop after a walk or run. Cool down for 5- 15 minutes after your workout. This helps push the lactic acid out – the culprit for sore muscles.
2. Stretch out!!
3. Hydrate!! Water and /or Gatorade type replaces electrolytes, nutrients and fluids lost in sweating – even during a cold workout.
4. Eat a *banana* (rich in potassium) and foods *high in protein* after a workout. Contra to diet schemes, you should not fast after a workout. Foods like bananas, peanut butter, protein bars will refuel your body.
5. Pamper your muscles with a massage, ice bath or post shower.
6. Muscles swell and ache after workouts.

Tip: Add 4 tablespoons of baking soda to bath water for extra recovery.

- a. **Anti inflammatory meds** - Check the warnings out for taking any anti inflammatory meds like Motrin or Advil or Tylenol. Some of these can be dangerous to other meds you may be taking, or to your liver when working out. Consult with your physician always to find the best medicinal options.
- b. **Herbal remedies** - Omega 3 fatty acids and Curcumin (found in the root of turmeric) are known to reduce inflammation.

Don't overdue it and listen to your body!!



Never workout when:

1. Fever or signs of infection.
2. Pain of any kind.



3. Overly sore or fatigued.