



TACLETE
PERFORMANCE

POST RACE RECOVERY



Post-Race Recovery

Immediately Post Race

Cool Down Exercises

As soon as you cross that finish line, you need to keep moving. Aim for anywhere between 10 and 15 minutes. Take this time to walk until your heart rate drops to a manageable level, where you can easily carry on a conversation. Then 5 to 10 minutes of simple mobility will help ease the transition to a resting state, flush waste and bring nutrients to the muscles to help start healing.

Exercises: Dynamic drills including high knees, lunges and shuffles.

30 minutes Post Race

Nutrition



If you can, try and eat a carb-heavy snack. This will help to replenish the carbs you used up during the run. Ingesting this food will alert the body that the fuel is ready to be used to start recovering. Hydration is also key after the race. Sugary beverages, protein shakes, and water are some examples. Sip during the day, and monitor urine colour for hydration level.

Nutrition: Chocolate milk, fruit smoothies, salted nuts, yogurt with fruit, bananas, and recovery bars with a 3:1 carb/protein ratio.

Post-Race Recovery

2 Hours Post Race

Meal & Refuel



Within this window, try to eat a balanced meal full of carbs, proteins and vegetables to further replenish the body and help recover. Perhaps most importantly, continue to drink lots of water!

Why? Your body needs this fuel to reverse the damage done to your body from the long run. Stick to nutrient-dense foods full of vitamins and minerals.

Foods: chicken/beef, rice/pasta/oats, dense salads/avocado

6 Hours Post Race

Muscle & Body Recovery



As simple as this may seem for a recovery step, pencil in a nap. Try for 30 minutes to achieve restorative effects (*especially if you had the pre-race jitters last night*).

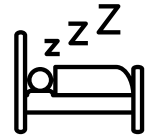
Start to incorporate modes of light stretching, ice baths, foam rolling or any other means of loosening up the muscles to help facilitate the repair process. Without this, your muscles will start to tighten, reducing mobility and increasing soreness.

Static stretches: hamstring/quads/calf/hips & back, IT Band

Post-Race Recovery

First Night Post Race

Sleep/Rest



A full night's sleep is imperative for muscle repair and improved body function. This is the optimal time for your body to begin the recovery process, both physically and mentally. Try going to bed at your regular time as this will help prioritize your sleep routine.

Cell/muscle repair takes place while we sleep, so try for 7-8 hours of quality sleep (cool, dark room, with a fan). Avoid the booze/late-night caffeine as it disrupts sleep and recovery.

24 Hours Post Race

Active Recovery



Plan for a light walk, bike ride or a gentle swim. Swimming sessions in particular have been shown to decrease muscle soreness and enhance performance. Active recovery helps flush the legs and keeps nutrients flowing to the muscles. Aim for 30-45 minutes.

Light mobility work will also help open tight muscles. Easy yoga will help loosen the body, and build core and stability strength.

Example Stretches

Hamstrings



Hip Flexors



Glutes



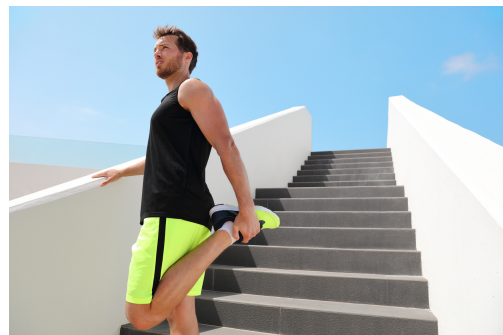
Groin



Calf



Quadriceps



Note: stretches should be held for 30s each side, repeated 2-3x to decrease tension