

Protocol For Recovering From A Marathon

- ✔ Celebrate! You deserve it!!
- ✔ Ensure you properly hydrate and get some nutrients ASAP
- ✔ The best way to limit the amount of soreness you experience is by getting a wellness massage within 12 hours of finishing your race. If you cannot get a massage within 12 hours, you can still receive benefits from a wellness massage within 24 hours of finishing your race. Once you passed this 24-hour mark, that massage will most likely not help with your soreness.
- ✔ Take AT LEAST one week (7 days) off from running. This means no cross training as well. I usually recommend two weeks of no running with 3-4 days of minor cross training during that 2nd week off.
 - Take the full two weeks if you are not in a hurry to get back into shape for another race. Training for, and racing, a marathon is a very mentally and physically challenging task. Giving your body and mind time away from it will allow you to come back stronger than ever.
- ✔ Make a follow up appointment with your Sports Chiropractor. Running 26.2 miles is not an easy task for your body to perform. Getting adjusted after your marathon will help increase mobility in your tight joints throughout your body. If you are feeling any types of muscle, ligament, tendon or joint discomfort, this will also be a good time to seek treatment from your Sports Chiropractor. You are already taking time off from running, this is the perfect time to get rid of any aches and pains before your next big training cycle.
- ✔ Sleep ~8 hours a day and try to keep your morning routine. Do not fall into the trap of waking up later in the morning because you do not need to run a 20-mile long run. Keeping the habit of waking up early is great for your productivity and will keep your mind busy and off running.
- ✔ Start planning your next big cycle during your 2nd week off from running. This process will get you excited to start training again but hold off that urge until your 14 days are completely over – you'll thank me later.
- ✔ When you begin your next cycle – build SLOWLY. Don't expect to be hitting the same split at you were 4 weeks ago. This is a different phase of training and you must be patient and allow the cycle to unfold naturally.
- ✔ It takes roughly 21 days to lose fitness so by taking 14 days off, you will not lose much. You will feel out of breath at first and it will feel harder but any physiological benefits you had 14 days ago are still there inside of you. So, don't freak out. 😊