

Recovery Tips after a longer run

Elite runners spend 1-4 hours per day focussing on recovery. It's as important to your running success as running itself

1. Hydrate as soon after your run as possible with water or electrolyte drink. Consume around 200-250ml for every 15 minutes you ran. Even in cooler temps moisture loss of 1 litre/hour is not uncommon.
2. Stretch major muscle groups and anything that is sore or tight. Roll out any nagging injuries or problem areas. Calf, hamstring, quads/thigh, glutes/butt, lower back
3. Eat a small meal within 30-40 minutes that contains a 4 to 1 ratio of carbohydrates to protein... milk, chocolate milk, peanut butter, banana, orange juice.
4. Take a cold bath. Around 10-15 degrees has been proven ideal (doesn't need to be ice cold)
 - Alternatively, use a hose!. One runner reckons a hose down of the legs after a hard work out always worked wonders for him – and that's just what they do for a million-dollar race horse after a run.
5. Eat a decent sized, healthy meal within 1-2 hours of a long run
6. Rest: power naps of 30 or 40 minutes; put your feet up, or get a massage
7. Take a warm Epsom salt bath before bed... 3-4 cups + 1 cup baking soda
8. Roll out main muscle groups after the bath and stretch well
9. Get plenty of sleep. Get into a pattern of regular to bed /regular wake. 7-8 hours sleep (youth who are growing rapidly need as much as they can get). Avoid laptops, iPads, smartphone use in the hour before sleep.

As you can see, this routine is quite extensive. You won't always have the time to get in all of these recovery ideas, but it does give you glimpse of the things you could do. Do what you can to actively recover.