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POST
EVENT
RECOVERY

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POST EVENT RECOVERY

Congratulations, you made it to the finish line! If your efforts have left you feeling battered and bruised or eager to get running again then here are some tips to aid recovery.

First aid for recovery

Remember RICE for recovery
REST, ICE, COMPRESSION, ELEVATION

Rest and refuel – ensure you drink plenty of water or sports drinks (if you are used to them) on the day. Ideally refuel in the first 30 minutes when the body is most responsive but certainly within 90 minutes.

Stretch the main running muscles – calves, quadriceps, hamstrings and hip flexors. Hold for 15-30 seconds.

Shower or bathe as soon as you can to prevent chaffing rashes or bacteria on the skin.

Injury or Delayed Onset Muscle Soreness (DOMS)? How do you know the difference between a potential injury and DOMS? Generally DOMS tends to be in the muscles used and less localised than injury, it peaks around two days then begins to ease. If in doubt give it 2-3 days and if not improving seek professional help.

Sports Massage – get yourself booked in within the first week to help remove fatigue and check for any potential injuries or problems.



Hot or cold? For discomfort and fatigue in the first 24-72 hours, ice is best. If you're not up to an ice bath then ice packs on the areas for 15-20 minutes work well and can be reapplied every two hours if necessary.

When to train again? An easy rule of thumb is one day off for every mile ran. When you can walk comfortably and pain free you can begin jogging then increase gradually but remember other training can be beneficial as active recovery. Above all be kind to yourself, you've just achieved something amazing!

Completing your event is such an awesome achievement, so why not take that post race buzz and start planning your next adventure? Take a look at our website for some inspiration!

**For more information go to
www.macmillan.org.uk/events**

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