



How To Recover After A Run.

If you're a little bit sore here are a few tips to ease those aching muscles...

Stretch

If you've woken up a bit stiff this morning then you'll be suffering from delayed onset of muscle soreness or D.O.M.S.

This is commonly experienced after unaccustomed strenuous exercise. The muscle tenderness usually becomes apparent the day after activity and peaks at 24 to 48 hours, so you may be sore for a few more days but it will ease off!!

It typically occurs in the gluteals, quadriceps and shin muscles, especially after running downhill or sprinting. Try to stretch those areas that have become tight to relieve this soreness.

Did you feel the burning sensation in your legs during the run?

This would be due to lactic acid which is produced when your body cannot get enough oxygen to the working muscles. This would probably have kicked in around parliament hill.

How can you produce less lactic acid?

Through proper training your body will become more accustomed to this sensation. Your body will become more efficient at delivering oxygen to the working muscles. So get straight back in training now for next year and you'll be fine!!

Re-fuelling

It takes at least 20 to 24 hours of refueling with carbohydrate-rich foods to replenish your muscle stores fully. That doesn't mean chips and sweets, try to stock up on vegetables!

Drinking

Don't forget fluids. Your body cannot perform any of its metabolic jobs well if you are dehydrated.. Sports drinks are an efficient fluid replacement since they also provide carbohydrates and sodium. Fruit juices, low-fat milkshakes, and smoothies are also good choices since you get both liquid and carbs. Avoid drinking copious amounts of plain water if your workout has been over an hour. You need to consume some electrolytes and sodium as well

Then get back to drinking 2 litres of water each day to maintain good hydration.

Warm baths

Helps to relax and relieve tension and stiffness in the muscles. It's important to know how to relax after a strenuous workout.

We hope this helps. If you need anymore assistance please do not hesitate to contact us.