



**MARATHON
HANDBOOK**

POST MARATHON RECOVERY PLAN

MARATHON RECOVERY

A post-marathon recovery phase in the days following your marathon is important; having a plan in place to let you recuperate both physically and mentally.

It's imperative to take it easy in the days following your marathon, and allow yourself to celebrate and have that well-deserved break.

Your immune system is depleted, so take it easy and don't do anything to stress your system.

At the same time, this is an excellent period to initiate the recovery process.

Follow this 7-day plan to maximise your recovery!

DAY ONE: THE DAY AFTER YOUR MARATHON

The day after your marathon shouldn't involve anything strenuous - your body is in full recovery mode.

However, it's an excellent time to do a brief, 20 minute easy jog or walk. The aim here is to shake off any stiffness, and do a complete body scan to assess how you are feeling.

Check for any pain points in your feet, tight spots in your legs, or ongoing tightness. Try to keep an extremely relaxed gait, and just listen to your body.

Remember to drink plenty of water today, eat well - preferably a healthy meal - and get plenty of rest.

If possible, avoid working or doing anything overly stress-inducing today.

DAY TWO

Light stretching at home.

Focus on:

Hip Stretches

Calf Stretches

Stretching your glutes

Light foam rolling.

A massage is recommended.

DAY THREE

Go for a brisk, 45 minute walk.

This will re-engage your kinetic chain without applying any of the stress that running brings.

It will act as a light cardiovascular workout.

DAY FOUR

Light cross-training: 30 - 45 mins.

This can involve low-impact activities such as swimming, and lower intensity yoga and pilates classes.

Avoid using weights or any load greater than your body weight.

DAY FIVE

Dynamic stretching at home.

Focus on:

Lunge stretches

Hip Rotation

More foam rolling

Walking on tiptoes.

DAY SIX

30 minute easy run.

Forget all about pace and distance - go slowly and only raise the pace if it feels natural.

Spend the run scanning your body for pain points or tightness. Walk for 5 - 10 minutes post-run.

DAY SEVEN

Brisk 60 minute walk.

Suitable to go walking or hiking with friends and family.

The idea is to do a longer, low intensity exercise using the kinetic chain of your legs.