Recovery

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I. General Daily Recovery for Adaptation

i. Rolling

* What: Foam roller/Stick/Wheel/Softball/Golf ball/Wheels/Pipe/etc.
* Why: Increase blood circulation to increase recovery without increasing flexibility or decreasing muscle power. Self-massage muscles.
* When: Anytime but specifically before or after runs in place of stretching or when feeling tight.
* How Much: 1-5 minutes on the area. Longer if needed. Avoid rolling injured areas too much. Plenty of videos on how, here is one: https://www.youtube.com/watch?v=I9hl1DK5yTU

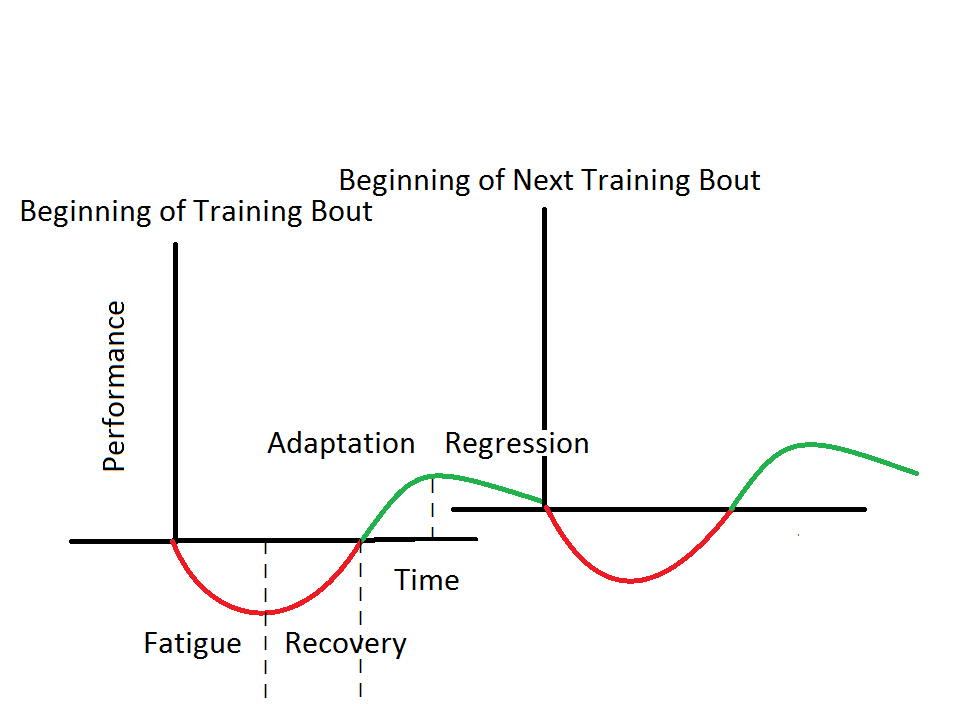
ii. Icing

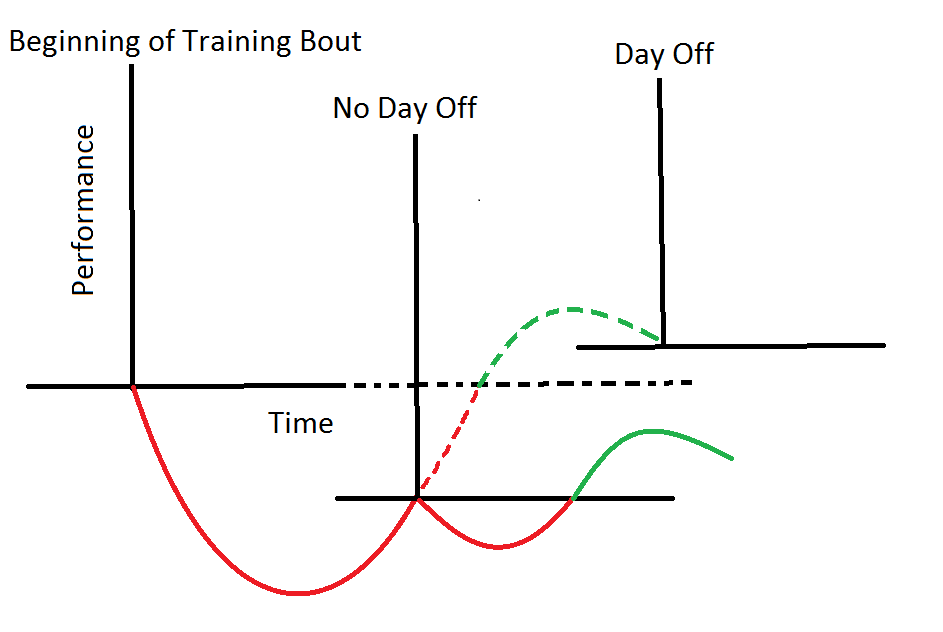
* How: Apply ice pack or frozen item to area.
* When: When there is excessive soreness or inflammation. Avoid icing in base phase with general soreness. When competition comes, ice more frequently.
* How long: 10-15 minutes.
* Why: Decrease blood flow to area, usually to decrease swelling/inflammation.

iii. Pain relievers

* Why: Relieve excessive pain or inflammation
* When: Only if moderate to serious pain or inflammation or soreness. Avoid in base phase if possible. The general 200mg soreness from running is good, your body adapts to it.
* How much: About two tablets every 4 hours. Stop when pain is gone, avoid using them after pain is gone.
* What: Ibuprofen is best for anti-inflammatory/swelling. Other pain relievers for mild pain or fever.

iv. Days Off

* What: No running or hard physical exercise.
* Why: Allowing extra time in the recovery phase after a hard week or few days. See graph\*



* When: When it’s on the training plan. About once every 14-21 days.

v. Sleep

* What: Regular, consistent sleep schedule. Need to achieve adequate deep sleep.
* Why: It is the time your body recovers and adapt from workouts.
* How Much: 8-9 hours/night. Naps between 15 min-2 hours
* When: Sleep at night. Nap no later than 3 p.m.
* Try not to use your computer/watch tv/phone within an hour of going to bed. They emit blue light that stimulates the brain.

vi. Nutrition

* See Nutrition Guide recovery section

II. Recovery from Sickness & Injury

i. Sickness

1. Get diagnoses if unsure
2. Take time off ex. 2-7 days if cold/flu like sickness.
   * Training while sick delays recovery from sickness which delays your training
   * Don’t try to tough through it
   * Goal is to recover from the sickness as fast as possible not to start running as soon as possible. Take an extra day when you feel ready to come back
3. Extra sleep and general resting more often.
4. Maintain excellent hydration.
5. Don’t use medicine as a crutch to run.
6. Once healthy, keep volume low for one week, but maintain previous intensity if possible.

ii. Injury

1. Understand differences from general fatigue, minor daily pain, post-workout soreness and acute or chronic injury
   * Running stresses the body so you are bound to have aches and pains while training. Be cautious, but don’t limit your training when minor tweeks come up
2. See a physical therapist/doctor/trained professional
3. They will tell you to take time off, which is the best thing, but many injuries can be rehabbed while maintain fitness.
4. Let your coaches know about any issues, they can help guide you to the right resources.