

RECOVER WELL

Hello Runner!

Getting to that start line healthy involves factors you probably already know: Smart training, strengthening, and mobility.

But did you know that recovery plays a critical role in how well you show up to your run, ready to crush your goals?

We researched, and spoke to the experts (including our own ProRehab PTs) for their best “Recover Well” tips. Here’s what they had to say:

Nutrition/Hydration

Donna Giovenco RDN, LD, CN, ACSM-CPT

Recovery starts during your training. Make sure you’re fueling and hydrating well by taking in at least 30 grams of carbohydrates and about 20 ounces of water per hour during your runs. A sweat test can be performed easily to determine your specific needs in different types of weather.

Within 45 minutes of completing a training session, aim for 3:1 carbs to protein. 8 ounces of chocolate milk is easy and convenient, helps replace depleted glycogen stores, and repair tissue.

Mindset

Dr. Justin Ross, Licensed Clinical Psychologist, via Training Peaks

Prior to your next workout, consider the “what, why, and how.” This means what the workout consists of, why this specific workout is important to your overall goals, and how this workout should be approached mentally.

Between workouts, a 5-minute mindfulness meditation practice most days of the week can help with self-regulation such as resilience, stress management, motivation, and even pre-race jitters. These can be found at no cost on YouTube or Pinterest, or on apps like Headspace, Calm, and Insight Timer.

“Rule of thirds” by Author and Olympic Runner Alexi Pappas

“Whenever you’re chasing a big dream, you’re supposed to feel good a third of the time, okay a third of the time, and crappy or not great a third of the time, and if you feel roughly in

those ratios, it means you are in fact chasing a dream. If you feel too good all the time, you're not pushing yourself enough, and if you feel too fatigued, you might be burning out or having a mental-health challenge and need to reevaluate.

ProRehab's takeaway from this mindset advice is recovery is aided by clear expectations going into the workout, therefore reflection and learning after the workout is more beneficial.

Movement

Dr. Chloe Lilly PT DPT

Recovering with running means balancing thousands of repetitions of the same movement with other valuable movements that do not overstress your system. Consider where you are in your program – are you base-building and life is good? Now is the time to spend your extra energy with mobility and strengthening. Is it peak week, you're running on tired legs, haven't slept for two days, and insanely busy at work? Exercise is usually good, but it is stress on your system, and it does add up.

Remember – quality miles over quantity. Sometimes resting from running will do more to improve your running performance than cramming in more miles.

Overall – keep the hard days hard and the easy days easy! For the best balance, have a plan ahead of time and a clear goal for that day's workout. Do your best to stick to the plan.

Sleep, etc.

Kim Dallara, PTA, Certified Clinical Bike Fitter, ISSA Certified Running Coach, ACE Certified Personal Trainer and Group Fitness Instructor

Sleep is critical to recovery, and everyone's needs are different. Prioritize it, but don't wait for rest opportunities to present themselves. Schedule sleep as you would important appointments. Minimize screen time and start dimming lights 2 hours prior to bedtime, and make sure your room is cool and dark.

Managing all the details of training, including planning how and when to recover, can feel very overwhelming and stressful. Filtering through advice online and determining what's helpful and harmful can feel next to impossible. Where you can, assemble a team and let these people create the plans and manage the details so your non-running time can be more enjoyable. Bonking during your long runs? Hire a Dietician to help you customize fueling and hydration. Travel for work but want to train for a marathon? Tap a running

coach to help you adapt to changing availability and access. Struggling with motivation and burn-out? A mental health professional can provide tools when life is lifeing.