



## FORM FITNESS & FUNCTION

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## Tryon Half Marathon – Recovery Tips from Tom & Monika!

First of all, we would like to thank Laura, Kathryn and all the volunteers for making this race such a spectacular event.

Tom and I had a wonderful time throughout, from the registration party on Friday, to the race itself, and then the fabulous brunch and awards ceremony afterwards. We certainly plan on spreading the word for next year. We feel this could become one of the top races in Western North Carolina.

Now on to recovery!

Today is the day (two days after the race), that I generally feel the deep effects of a race. So if you are feeling good today, you should be over the worst of it. If you are not, then know that we are right there with you.

There are several things that you can do to ease the recovery process. Please remember that the general rule is that it takes about a day per race mile to fully recover. That means that you should be very easy on yourself and in your training for about two weeks after the Half. Please, don't plan to run hard during this period, even if you feel good. Runners are often misled into thinking their bodies are full recovered when their muscles are still healing. Be patient. Too many injuries occur during this time when runners hurry back to their training.

Really the most important thing to know now is that it is when we REST that we strengthen - not when we run. After a run, the muscle tissue breaks down and rebuilds stronger and more nourished during rest. Your muscles are glycogen-stuffing right now. They are saying "I need to be ready to run longer! I'm going to convert every calorie I can into reserves for next time!! I am determined to go

farther next time!!!" So give them good things to replenish with. Eat well and hydrate well, too.

With that said, going out for a few easy shorter runs or walk/runs is a good idea. Get those legs moving a little and get some blood and oxygen to them to speed recovery. This is the time I really enjoy running. There is no pressure to perform and I can just enjoy moving as my body wants to.

As painful as it may be, please do try to gently stretch out those tired muscles or use a roller stick on them. They will appreciate it and reward you with a quicker recovery. Staying hydrated with water and Gatorade or some form of electrolytes will also help. Remember: Keep moving!

And, for those of you who took the Alexander Technique workshops, remember that your head is a floating balloon and your shoulders are warm runny honey! Now is the time to practice staying released and not tensing up. Now is the time for the following lying down recovery work.

Try lying down with a small book under your head, your knees up, feet on the floor, and your arms with elbows away and hands on your abdomen. Just lie there for 10 or 15 minutes, doing nothing, just thinking about letting go of any back and neck effort and pulling. Really, I mean it - doing NOTHING!

Think the following directions (These really are thoughts, NOT stretches or moves): Release your over-stimulated back muscles and let go of those tight "reins" pulling on your head. Let your head-spine joints release (a little "yes", a little "no"). Let your jaw fall open. Let your back fall back, filling up with ease, widening and lengthening out of all that residual tension. Let your elbows and thumbs unwind away. Let your knees float up and your heels fall infinitely down and back. Let a quiet whispered "Ah!" out on your exhales. (Each exhale allows your spine to return to its full extension.)

Repeat this process a few times a day over the next two weeks. Your recovering body will thank you!

Good luck all. We have enjoyed being part of this fabulous event, meeting you all, and working with you. We look forward to being of support to you whenever you need us!

All the best,  
Tom & Monika