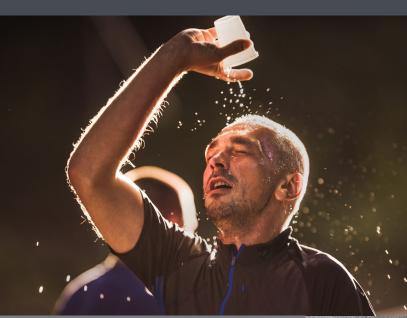


Did you know good race recovery starts long before the finish line? Check out these tips to rebuild and re-energize post-race.



# PRACTICE RECOVERY DURING YOUR TRAINING

lt's never too early to start recovery. To reduce soreness and help your training, add recovery to your race routine.

### GO FOR PROTEINS AND CARBS

During the first hour after a vigorous run, a runner's muscles are primed to recover. Take advantage of the time window by choosing foods high in protein and carbohydrates.







# HYDRATE TO REGENERATE

Hydrate before, during and after a run. You're replacing both water and electrolytes, so drink up and don't be afraid

#### **AVOID TOXINS**

There's no shame in a celebratory beer following the end of a long race. But too many drinks can impair muscle improvement and slow recovery.



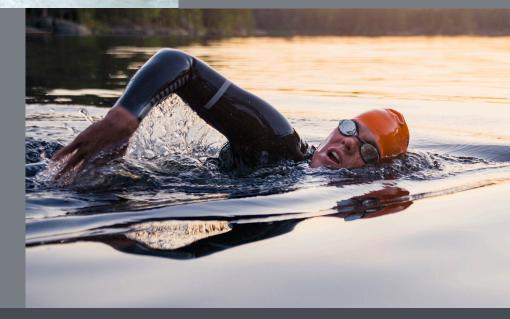


#### KEEP MUSCLES LOOSE

Regular stretching is key to post-run recuperation. Use a foam roller to help release muscle tightness. Also, try putting your feet up, an Epsom salt soak and ice baths to aid muscle repair.

# LIGHTEN WORKOUTS

Post-race, slow your pace and keep exercise light. Swimming, biking or walking can ease you back into workouts. Consider yoga to help with stretching. After a few days, if you're ready, try jogging at a slow pace — for just a mile or two.



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