

# MARATHON RECOVERY PROGRAM

By Terry Jessup

## 1. Novice Marathoners

New Marathoners, are either so sore that they cannot run for a number of days, which is good, or are so excited that they want to run the next day (bad idea).

These runners should do NOTHING for a week, except sit in a hot bath for an hour or so each day, until the soreness in the legs goes away.

Start walking towards the end of the first week. Walk 30 to 45 minutes at a steady pace, without any stress.

After about 10 days, start light jogging for 30 minutes every other day for a week.

After this, start running lightly on your normal weekly running schedule. NOTHING hard or fast yet, but enjoy running again.

Now at about a month after the marathon, recovery should be complete, and normal training can resume, including hard efforts.

Due to the extensive damage to muscles incurred during a marathon, injury is a very definite possibility during the first 30 days after a marathon. Therefore, hard efforts, speed work, hill training and/or racing should be avoided.

## 2. Seasoned Marathoners (3 or marathons, over at least three years)

Do not run for 2 to 5 days after the marathon. (Take hot baths).

Start back with easy 20 to 30 minute jogs for 3 to 5 days.

Then resume the normal amount of running done on a non-marathon schedule, (ALL easy) for about 10 days.

Now the seasoned runner can resume normal training with hard efforts, speed work etc.

These suggestions are designed to help marathoners avoid post-race injuries, which can, sometimes, be career ending. Three, four, five hours or more of running is extremely damaging to the legs, even at slow paces. Runners who have not trained at high mileages for many years and run relatively slow marathons, are susceptible to this type of damage.

Remember the object of the sport is a healthy life style, not going from one injury to the next. Therefore it is recommended that only TWO marathons, as the most be attempted each year. The recovery recommendations above, are also aimed at keeping runners healthy and in the sport.