

Need recovery advice



[La M2](#) 18 posts since

Oct 24, 2007

ok folks. I need some guidance on RECOVERY. did my first marathon on Sunday and now I'm *wasted*. Tried to run a mile easy last night, 1/2 walk 1/2 jog and it wore me out. what kind of regimen would you suggest for getting back in the swing?

Tags: marathon, recovery



[Jay Silvio](#) 1,776 posts since

Jul 9, 2007 **1. Re: Need recovery advice** Oct 15, 2008 11:16 AM

I'm right there with you as I finished the Baltimore Marathon on Saturday. I usually stick to cross-training for the first few days as a way to avoid impact. I did an easy bike spin the day after the race and the past few days I have been on an elliptical machine. I may try a short run tomorrow depending on how my blisters are doing. I will gradually work runs back into my exercise routine over the next few weeks and will essentially go with the reversed taper model of slowly rebuilding mileage. I hope that helps. Let me know if you have any more questions or comments.

Good luck and happy running!

Jay



[ToddHastings](#) 33 posts since

Dec 14, 2007 **2. Re: Need recovery advice** Oct 15, 2008 12:29 PM

First I would like to say congrats on completing your first marathon. But taking it easy on your muscles right now are key Just like Sivo said find something ight and then buildup to jogging and running. I like the elictiple machine and the ike low impact and get your heart rate up. One gain congrats



[DEADOCMIKE](#) 134 posts since

Jul 9, 2007 **3. Re: Need recovery advice** Oct 15, 2008 1:40 PM

All I can tell you is this: I tried to follow other's advice on "a light mile or two on monday is essential after a marathon." Huh, I barely made it half a mile. I laid up for a week or so and


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got back into some light running a week or so after that. Why put yourself through more pain when what your muscles and joints need is rest?



[lenzlaw](#) 7,024 posts since

Jan 18, 2008 4. **Re: Need recovery advice** Oct 15, 2008 5:02 PM

 in response to: [DEADOCMIKE](#)

The basic rule is no hard workouts for 1 day per mile, that is, 26 days. That doesn't tell you what to do the first few days. Most people take at least two or three days and some four or five, with no running. Do cross-training or walk as your body allows. One thing I recommend is to walk a slow mile or two after the race. If you can't do it the same day do it the day after. Whatever you do, stay away from long/fast/hard for three weeks.

Len



[meg5235](#) 2 posts since

Mar 17, 2008 5. **Re: Need recovery advice** Oct 16, 2008 5:53 PM

Congratulations! I also completed my first marathon on Sunday in Chicago. The second I finished the race, I thought I would never do that again. But, by day 3 I was already trying to figure out when my next one will be. I think I may be addicted!

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My muscles were very, very sore the first two days, but Ibuprofen seemed to help a little. The best thing I did though was get a sports massage on Tuesday. It was a little painful, but I felt like I could jump off that table and start running again.