

# pain...please help!

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Luker23 50 posts since

Oct 8, 2008

I ran a half-marathon on the weekend, and recorded a time of 1:40:26, 79th out of a total 295 runners. It was my first half :-).

However, my legs were incredibly sore afterwards because I ran the hardest I could run and there were a lot of steep inclines (the race was in Massachusetts, no less). A few days later, I did an easy five miles at an 8:40 pace to just loosen up my legs a bit and they felt much better. The five miles were done on a treadmill. Now today, five days after the half, I planned out a 10 miler to start getting back into running, but the lower part of my legs (like around the ankles and near the achilles) left me in immense pain. So much pain that I had to stop running after only 3.5 miles. My shoes are four months old, and I've been running about 30 miles a week constantly, so I'm wondering if it could be the shoes. This pain has come before, but in a much less severe way. I also gave blood yesterday. Does that have anything to do with it? Any answers would be so greatly appreciated and thanks for reading!

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-Luke. <!-- BEGIN attachments -->

<!-- END attachments -->



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

Jul 9, 2007 1. **Re: pain...please help!** Nov 14, 2008 9:30 AM

Luke,

Congratulations on your excellent finish in the half-marathon! The general rule of thumb is that the body needs approximately one day of relatively easy recovery for every mile of a race. For a half-marathon, your recovery process should take about two weeks. During that time you can still run (or cross-train, etc.), but you want to avoid workouts that are longer or more intense than normal. Also, giving blood impacts people differently. I have heard of folks who are fine the next day, but I generally need a week or two before I feel like I'm back up to full strength. I really struggle to make it through my workouts for at least a few days following a donation. The lower leg pain is something you want to monitor closely. Maybe take a few days and do some low-impact cross-training to see if the pain goes away on its own. It would probably be a good idea to ice the area and maybe take an anti-inflammatory. If the pain continues you should probably see sports medicine doctor.


Good luck and happy running,

Jay



[Tabbylicious](#) 28 posts since

Sep 28, 2008 2. **Re: pain...please help!** Nov 15, 2008 9:12 AM

 in response to: [Jay Silvio](#)

Luke:

Congratulations on such a great finish, especially on your first 1/2! I could only wish to do that well in my first. I'm a newbie myself at running, so I don't have a lot of offer you as far as recovery is concerned, but I do know that I was having terrible pain in my shins, and

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when I got my new shoes, it went away. So it could very well be your shoes...maybe the support has gone since you've really been running a lot in them to train for your 1/2. Just a suggestion, though...but I do know that my new shoes made a world of difference for me with any pain I had.

Good job on donating blood as well! I have to go and donate Monday...the last time I was at my blood center, I passed out, so I'm a little nervous about this time! 😊

Great job on your 1/2 again, and keep us updated on your pain. Are you planning on any other runs soon?

Tabi



[Luker23](#) 50 posts since

Oct 8, 2008 3. **Re: pain...please help!** Nov 15, 2008 12:19 PM

👤 in response to: [Tabbylicious](#)

Tabi,

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I'll keep you updated on my next endeavors haha. I actually plan on doing the Bel Monte Distance Run in Charlottesville, Virginia on March 28th. Hopefully doing a 50K (or at least running until I drop 😊) while my cousin, who's training for the Ironman, does 50 miles. Then, in June, I'm running in the Lake Placid Marathon in Lake Placid, NY. Also, thanks for your input. I will be getting new shoes very very soon.