



From Da' Coach by Coach Will

MARATHON RECOVERY

Now that marathon season has arrived and some of you have already run your marathon you now need to consider the MOST IMPORTANT aspect of your marathon schedule.....
RECOVERY.

I am frequently asked the question, "How soon can I resume training for my next event?" The advice that I always give is that you should do no hard training, no racing, and no speed work until you have allowed a day of recovery for each mile that you raced. In other words you should allow 26 days recovery for the 26.2 miles that you ran.

That doesn't mean that you can't run for 26 days, it just means you can't resume harder training until you have recovered. When you run a marathon you will develop numerous micro-tears deep in the muscle tissue and these tears allow fluid to leak out into the surrounding tissue. You need to allow your body to repair these micro-tears and to absorb and eliminate the residual toxins remaining in the muscle tissue.

Depending on how well you were conditioned for the marathon you just ran, I usually recommend that you either take off the day after the marathon or you just do some walking. After that you can run an easy mile on day two then depending on how your legs respond you can add an additional mile each day or every other day until you are running 5 miles. You then need to limit your runs to 5 or 6 miles for another week and take a couple of days off during that time. At two weeks after the marathon you can begin to build your base mileage again, but all of these miles should be at a recovery pace not to exceed 70% MHR (max heart rate). Add additional miles during the third week up to a long run distance of 8-10 miles and hold that for an additional week. At that point you will be 28 days out from the marathon and you should be able to begin training at a higher effort and to GRADUALLY add some faster pace running and speedwork back into your schedule.

The trap that many runners fall into, whether beginner or seasoned runner, is that if you take it easy for a couple of weeks after the marathon your legs will feel pretty good and you will think it is okay to start running hard again. THIS IS WHERE MOST AFTER MARATHON INJURIES OCCUR!!! If you become injured during this time your recovery will be extended due to the fact that your body is trying to heal the injury while still trying to heal the effects of the marathon on your muscle fibers.

Be patient, something most runners are not noted for, and I promise that the training you do after your recovery will be better and you will progress faster than the amount of time you think you are saving by returning to training before you are fully recovered.

See you at the races...

Coach Will