

## RECOVERY

Activity	Good for	Points to remember
<p style="text-align: center;"><b>Foam rolling</b></p> <ul style="list-style-type: none"> <li>• Roll slowly over a muscle group until you feel a tight spot</li> <li>• Stay on the tight spot for several seconds and try to relax</li> </ul>	<ul style="list-style-type: none"> <li>• Breaking up muscle knots</li> <li>• Restoring healthy muscle function</li> <li>• Injury rehabilitation</li> </ul>	<ul style="list-style-type: none"> <li>• If an area is excruciatingly painful then focus on the area around it instead</li> <li>• There are different types of foam roller, you may prefer to start with a softer one</li> <li>• Tennis, golf or massage balls can also be helpful</li> <li>• Don't roll on bones or joints</li> </ul>
<p style="text-align: center;"><b>Stretching</b></p> <ul style="list-style-type: none"> <li>• This can be done after a run or separately</li> <li>• There are lots of good videos online for stretching, have a look for yoga videos on YouTube</li> </ul>	<ul style="list-style-type: none"> <li>• Increasing flexibility</li> <li>• Injury rehabilitation</li> </ul>	<ul style="list-style-type: none"> <li>• Don't stretch cold muscles</li> <li>• Static stretches (holding a certain stretch for a length of time) should be done after a workout rather than before (dynamic movements are better for warm ups)</li> <li>• After intense exercise stretches should just be held for 6 – 10 seconds (any longer will risk damaging your muscles)</li> <li>• Longer stretches to develop flexibility (30 – 60 seconds) should be done after an easy session or on their own (but still when your muscles are warm)</li> </ul>
<p style="text-align: center;"><b>Rest days</b></p> <ul style="list-style-type: none"> <li>• As it says in the tin really! – A day of no exercise (but stretching and foam rolling are fine...)</li> </ul>	<ul style="list-style-type: none"> <li>• Injury prevention</li> <li>• Reducing the risk of overtraining</li> </ul>	<ul style="list-style-type: none"> <li>• Try and take at least one complete rest day a week</li> <li>• Rest weeks where you lower your mileage and intensity are also good, especially if you are doing a lot of training</li> </ul>