

POST RACE RECOVERY STRATEGIES

Stretches for Runners



Irish Society of
Chartered
Physiotherapists
The Voice of Physiotherapy in Ireland

Static stretching aims to lengthen muscles and help prevent soreness and stiffness. Here are examples of important static stretches that can be carried out after every race/training session. Speak to your Chartered Physiotherapist regarding specific stretches. All static stretches should be held for 30 seconds in order to increase muscle length and decrease stiffness or soreness. Perform 2-3 repeats of each stretch on both sides.

1.



Place your left foot in front of your right, bend left knee, right heel on the ground, lean forwards until you feel a stretch in your right calf muscle.

2.



Place left foot in front of right; bend both knees, heels on the ground. Feel a stretch in your right Achilles tendon and calf muscle.

3.



Hold your left foot in your left hand to stretch the front of your thigh. Keep your left knee close to your right. Extend your left hip slightly and keep your back straight.

4.



Lie on your back, hug your left knee to your chest, slowly extend your knee until you feel a stretch and hold.

5.



Place your right leg in front of your left, lean forwards bending your right knee until you feel a stretch in the front of your left thigh and hip; Keep tall to avoid extending at the lower back.

6.



Lie on your back, cross your right foot over your left knee, hug your left thigh to your chest, feel a stretch in your right buttocks.

7.



Stand with feet apart and facing forwards, bend left knee to stretch right inner thigh.

8.



Stand a foot away from a wall; place your right hand against the wall. Turn your whole body to the left until you feel a stretch across the front of your chest.

9.



In standing hold your right elbow with your left hand, as shown and stretch your elbow and arm across your chest.

Static stretching aims to lengthen muscles and helps prevent muscle soreness and joint stiffness.



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As uncomfortable as it may be, keep moving after you cross the finish line to prevent joint stiffness and muscle tightness.

Eat a high carbohydrate-protein combined snack within 30 minutes of completing your race.



Allow sufficient time for your body to rest before returning to training.

Soak your legs in a cold bath within a few hours of the race to ease pain and aid recovery, even 10 sets of a short 1 minute soak can offer some relief.

PRICE PROTOCOL

If you sustain a minor injury follow the PRICE Protocol:

**Protect, Rest, Ice,
Compress, and Elevate.**

For more serious injuries seek medical attention.

Contact your Chartered Physiotherapist for further information on post race recovery strategies or for assessment, treatment and rehabilitation of injuries.