

Physical restoration post-marathon

In recent days one of my runners said to me that he felt very exhausted after performing his workouts, and that frequently the day after he train he had a feeling of a lot of heaviness in his legs and an unusual exhaustion in him. He let me know that after his race session usually went to a gym to do weight training, as well as he frequently swings at great intensity and that from time to time he ride bike something else from 80 to 100 km. I subtly indicated to him that he should resize his training protocol and that in my opinion the recovery guidelines were not respected and due of this, his hard training sessions did not allow him to recover after his workouts.

Recently the same runner took part in a popular race over 21 km and although he managed to improve his personal time by more than two and a half minutes, he said to me that his level of exhaustion was such as high that by the time he arrived to the kilometer 15 of the race, he felt he could not take another step, apart from a strong desire not to finish the race, which culminated very exhausted.

Even though he did not have many of the symptoms of an overtraining process before the race, and in the fact that he has already several days after his race, and his feeling of tiredness still persisted I suggested him to make an evaluation to know their levels of CK (Creatine Kinase) which yielded values above of normal values, which among other things could suggest that his subsequent recovery training, his nutritional program and how training without an adequate recovery guidelines was not the wise thing to do, and it probably affecting his muscles as a his physical performance, which may seriously affect his health and possibilities to improve his running times.

The fact of submitting the organism to many weeks of training, as well as participating and completing a marathon or any long distance event means an effort quite elevated, whether for a novice runners, amateur or elite runner.

If the objective is to run a marathon, it is necessary to understand that this can cause you a significant muscular damage that will affect the mobility the hours and days after running it, with pains, muscle cramps and sensations of stiffness whose intensity barely allows to move once crossed the finish line is crossed, even a few hours after completing the race.

As much as these discomforts, which are erroneously associated with the presence of lactate in the muscles may disappear after a few days, you have to take into account that the swelling of the muscles tissue and sometime the rupture of muscular fibers that have suffered during the marathon are not repaired as fast as we would like.

Both training for a marathon and the race itself produce inflammations in the muscular tissues and y certain cases some small ruptures in muscle fibers that affect muscle strength and produce pain even after 15 days of the event.

Some studies suggest that a week after the marathon begins to appear some signs of processes of the muscle recovery, and if the process of physical recovery has been brought in an efficient way, after a month of having participated in the marathon it can be seen that the most of the muscle damage has already been repaired, there are cases where it could be observed these damages until two and a half months after the race.

As we know, the recovery process will be intrinsically linked to the way the preparation process itself has been carried out for the race by the runner, the individual characteristics of each runner and the way they are addressed the recovering processes or patterns between training sessions for the race.

The protocol as to physically restore the runner must be assumed with much seriousness and discipline since success depends on future competitions and how this recovering process was made.

Undoubtedly, the main objective in every recovery process is the restoration of hepatic glycogen, so having nutritional advice is of vital importance. Not only during the preparation for the race, but after the competition.

Is a specialist in nutrition who will set the guidelines to follow to restore those levels of energy and how to do recover the muscles.

The establishment of a systematic program of restorative physical massage it is very important, during the preparation for the race and after the race, those massages are not only serve to recover the runner in a more efficient way, but to prevent injuries, dislodge or minimize the effects of the presence of waste substances and maintain muscle tone, contributing to the early return to training and competition, at the same time helping to obtain a more adequate process of physical came back to physical basal stages.

As for the physical restoration itself, the mechanism that the coach will use to fit it will be linked in first place to the results obtained in the race, the sensations experienced by athlete, the presence or absence of injuries, the conditions under which the race took place, and in second place to the readiness or not of new athletic events and objectives to achieve.

Particularly what I do when physically restoring of my runners is necessary, I avoid the absolute resting periods after a race and I give rise to active recoveries, with swimming sessions, easy jogs, bike, if possible, with the assistance of highly well trained personnel that attend me, as a physical therapist, trainer and therapist massage. I recommend them to visit the nutritionist, strength training sessions with weights sessions. As a complementary element of physical recovering I recommend my runners the rational use of saunas for recuperative purposes, and where is possible.

It is wise to train and wiser to rest.