

What to do when concluding a marathon?

Bravo! You have just finished your marathon. Days, weeks and months of training are summarized now in a few steps in the arrival funnel when crossing the finish line, you think of the friends, the family, your work and everything you have done to be there. Maybe you improved your time, maybe you did not managed to reach the planned objectives, but you crossed the finish line and you are happy to have it concluded.

But! Now that you have achieved it, you must be as careful in restoring yourself as you have been in training for those 42 km.

The first thing to do when crossing the finish line is not to stand up to avoid problems of circulatory conditions that can lead to syncope, bad times and inconveniences due to changes in venous return in case of low blood pressure.

So the best thing is that you walk or jog (really difficult among so many people) until there has been a relative return to calm.

It is very important that at the end of the race you feed your muscles with the drink and fruit that you had arranged for this purpose and thus promote a rapid and adequate restoration of the energy substances that they require. From that moment you will have between one and two hours to make a meal that includes carbohydrates and proteins, since it is at that time when literally your muscles remain open to nourish themselves. At that time had been marked as the time where recovery windows are opened and if you provide those carbohydrates and proteins they will use it to recover their reserves of glycogen.

In the same way as to restore your energy reserves it is also necessary that you rehydrate. Do it slowly until you recover the lost fluids. Your nutritionist is the person who in a more efficient way can tell you how to restore yourself, to hydrate and nourish you after a marathon.

It is likely that the day after the race you wake up with pain in your legs, arms and very tired. Do not stay there lying down and trying to sleep again as if you were The Sleeping Beauty (lol) strive and go jogging at least 20 to 30 minutes very smooth, stretch a little, this will help the small breaks and swelling that you may have in the muscle fibers heal soon. Inside of your possibilities plan a restoring massage for Tuesday or the days that the specialist considers necessary for you to completely recover. The feeling of exhaustion can last up to three weeks of the race so I suggest you devote part of your time to rest, soft jogging, swimming and even biking until the desire to take revenge of the marathon is present again or just train for another shorter race.

In recent days I participated in at lecture addressed to a group of runners and I mentioned them the exploit of Lasse Viren—"The Flying Finn" who had such a capacity for recovery that in The Olympic Games of Montreal he was able to become the Olympic champion of 10,000 and 5,000 meters as well as occupied the fifth position in the 42 km with 2 hour 13 min 11 seconds just 18 hours after he won the final of the 5,000 meters. But since you're probably not the same as Viren, Bekele, Kipchege, Gerbselassie or any of those great elite runners of the world, maybe you need to rest a bit more than them and more forward to continue training for your next race that probably

will be a new marathon, in that case I would suggest you do not do more than two marathons a year, it's a lot of effort and risks of injury are very high. Talk to your coach and allow yourself 5 or 6 months between them. That will not only restore you physically but will help you very much psychologically.

During the 42 km. there is great muscular fatigue and even when it is a race eminently aerobic, this fatigue causes the combustion processes of fats to be made less effective and in the end also impairs the processes of lactate removal diminishes not only the performance but through that exhaustion the inconveniences produced for the rupture of muscle fibers during contraction and the swelling of many muscular tissue. That's why performing gentle trotting or swimming to a gentle rhythm after the race is advisable since it allows that there is a greater blood supply and with it a greater capacity to deflate and heal those small swelling at the muscular level.

Another option that you have to consider its use during the restoration phase after the marathon is the use of saunas in a controlled manner and maintain an adequate program of nutrition.