

## **Recovery and Maintenance**

Congratulations to everyone for a great PEI weekend. Now it's recovery time. Savor the accomplishment, let the aching muscles heal, and begin thinking about the next running challenge.

Take the next week or two very easy. Listen to your body and run only after the residual soreness has dissipated. Feel free to take brisk walks too. Walking is a great tool for distance race recovery.

A good rule of thumb for recovery running is to do a reverse-taper. Just as it sounds, you basically build back up your mileage in the same manner you cut back during the taper. It is also suggested that you do not run a hard effort (race or speed session) for at least 3 to 4 weeks for marathoners, 10 to 14 days for half-marathoners, and 4 to 6 days for the 10K .

Once recovered, you can begin a maintenance running program and maybe throw in a few shorter distance races. Light, easy, fun running can be the theme.

Good luck. And as always, send in any training questions you may have.

Happy Trails!  
Coach Jack