

Serpentine marathon seminar: 9th February 2015
Advice from Roberto Ciurleo

Remember to take some cash during training runs in case you need to get a taxi/public transport home!

If you feel niggles during training, stop and stretch. If it persists, stop and seek advice.

Main components for good recovery:

REST

Take a minimum of 1 day per week of rest.

If you don't feel 100%, it is good to take a day off.

STRETCHING

Always warm up first before stretching.

Warm up stretching: use dynamic stretching for the major muscles used during training.

During training if you feel stiff it is good to do maintenance stretching for 15sec.

It is very important to stretch at the end. Development stretching should be held for 60sec for each muscle group.

MASSAGE

You can self-massage or massage with a practitioner.

Self massage:

Use baby oil or arnica, always massaging towards the heart.

You can use tools such as a foam roller which is very good for the calves, ITB and quads.

A rolling stick is good for the whole leg.

A golf ball or tennis ball is great for the glutes.

Self massage should be used daily combined with stretching to help prevent injury and speed up recovery.

Sport Massage Practitioner:

Great for recovery and maintenance. If you are training 6 days per week you should have a massage weekly or every 2 weeks, mainly after a long run or rest day.

If you are training 4/3 times per week you should have a massage every 2/3 weeks.

If you are training 3/2 week you should have massage once a month.

ICE BATH

Start with 1 minute and build up to 10 minutes, use cold water in the bath or bin.

Wear a jumper.

Or

Use ice power gel.

COMPRESSION

Use compression socks or tights post training during the night.