



Great Dalata Charity Run

Recovery Day

Taking a recovery day after a high-impact endurance workout is essential. Even if you don't feel like you need it, recovery allows your body and mind to repair and return stronger. This doesn't mean doing nothing—**active recovery** is key.

Signs You Need a Recovery Day

- Persistent muscle soreness
- Unusual fatigue or moodiness
- Low motivation to train

Why Active Recovery Matters

Gentle movement improves circulation and promotes healing by supplying your muscles with the necessary nutrients to recover effectively. Try:

- Light walking or cycling
- Gentle yoga/stretching
- Swimming

Other Recovery Tools for your Recovery Day;

- Foam rolling or massage
- Epsom salt bath or sea swim

Nutrition & Hydration;

- Drink 2–2.5L water (electrolytes are a plus)
- Eat meals rich in protein and carbs to refuel your muscles and body.

Rest & Sleep;

- Prioritise long, uninterrupted sleep (8 hours min)

Mental Recovery;

- Meditation or breathing exercises
- Listen to calming music and go for a walk in nature.

Sample Recovery Day to implement into your next training week...

- **Morning:** Light walk + foam rolling
- **Midday:** Nutritious meal + hydration
- **Afternoon:** Gentle stretching
- **Evening:** Epsom salt bath + early sleep

Try integrating these habits after your next run and feel the difference!