

The things you do after a race are just as important as the steps you take to prepare for it.

After a race your body is depleted and dehydrated and your muscles are sore and tired. Use the tips below to refuel and rehydrate your body and ease aches and pains.

TIP #1 Refuel, rebuild, and rehydrate

Within an hour of ending a race, your body needs carbohydrates to refuel and protein to rebuild your muscles. To figure out how many carbs you need, divide your body weight by 2.2 and multiply by 0.9. Combine that with your protein needs by dividing your body weight by 2.2 and multiply by 0.3. [Click here](#) for 20 sample post-race meal ideas.

TIP #2 Rehydrate your body

When you race, you lose fluids. Even if you work to stay hydrated during your race, you still may need more fluids post-race. The best way to figure out how much you need is to weigh yourself before and after the race. After the race, drink 16–24 ounces of fluid per pound of body weight lost during the race.

TIP #3 Massage sore muscles

Massaging muscles after a race helps reduce soreness, stiffness, and post-exercise fatigue. If a professional massage isn't an option, try self-massage techniques with a foam roll or tennis ball to target tight areas. In addition to easing tightness and pain, massage also helps reduce your risk the injury and your overall performance for your next race or workout. Visit CorePerformance.com for foam roll videos and tips.

TIP #4 Take a break

A common mistake after a long-distance race is getting back to training too soon. Your body needs time to rest. Instead of jumping right back on the bike or pounding the pavement, incorporate low-impact, cross-training activities like swimming into your routine. These activities will help you maintain your fitness level while allowing your body to take a break from heavy training and reduce your risk of overuse injuries.

TIP #5 Continue your recovery for 24 hours

While the first hour or so after a race is the most important for post-race nutrition, don't stop there. Your body continues to replenish your fuel stores for 24 hours after a race. At each meal or snack, make sure you get enough carbohydrates. Choose whole foods like sweet potatoes, whole wheat pasta, brown rice, whole grains, or high-fiber cereals and avoid unhealthy, processed foods.

TIP #6 Get a good night's sleep

After the high of a race, you can be wound up and it can be tempting to celebrate until the late hours and hard to get a decent night's sleep. Aim to go to bed by 10 p.m. In the hours before going to bed try to avoid caffeine and alcohol and cut off electronics about two hours before going to sleep. You'll feel better, stronger, and more refreshed the next day.

TIP #7 Eat anti-inflammatory foods

When you exercise, your body produces a stress response that causes inflammation. While inflammation is necessary to build tissues and improve your performance, you want to reduce that inflammation after a race. Incorporating anti-inflammatory foods, like dried cherries, turmeric, salmon, walnuts, flax, ginger, cinnamon, or green tea, can help reduce inflammation.

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