

## SORE LEGS AFTER SPEED WORK

If you've not done speed work for a while, you may find you have sore legs today! Here are some remedies that may help recovery. Even if you feel fine today, you might want to think about some of these to avoid or mitigate 'delayed onset muscle soreness' (DOMS) tomorrow:

1. Do a recovery run today or tomorrow. This should be about 3 miles, at a very gentle pace: 50-60% intensity (slower than your Saturday run pace).
2. Drink some antioxidants. This will help remove muscle-damaging free radicals from your legs. Top drinks are Welch's Purple Grape Juice (available at most supermarkets: make sure it's purple, not red); tomato juice; and cloudy apple juice.
3. Massage your legs. One advantage of choosing running for a sport is that you can mostly do your own massage! Use oil (any oil will do) to make massage easier. Massage towards your heart, start gently and work deeper into the muscles as they warm up. Massage each leg for 5 minutes. Drink plenty water and/or antioxidant drinks during the following few hours.
4. If you practice Pilates or similar at home, you may own a foam roller. If so, you can use this to roll your legs. For example, to roll your calves, sit on the floor with the foam roller under your calf. Support your weight on your hands and roll the calf muscles up and down on the roller. When you find a sore spot, breathe in, then breathe out and relax into the roller; hold for 30 seconds. Do this for about 5 minutes per leg. The same principle applies for other leg muscles. Important: apply firm pressure when rolling towards the heart, light pressure when rolling away. Ideally, massage your legs before rolling, because then they are already warm from the massage. (I can show you this technique if you've not done it before).