









# TriShave Post-Race Recovery Tips

By Christina Thomas Of Energy Link Coaching

-  1. Make sure that you take on some nutrition (either food or sports drink) within the first 20mins after finishing your event – this will help replenish glycogen to the liver & muscles and speed up the recovery process! Go for high GI foods.
-  2. Keep hydrated all day especially if it is hot – water is best.
-  3. Take the time to do a 10-15 minute warm down either on the bike or the run – just a light spin or jog.
-  4. Walking in cold water is a great way to bring your core temperature down and sooth tired muscles ... just like a giant ice pack!
-  5. Always stretch well once you have warmed down. Hold stretches for 30seconds at least and breathe through them for extra relaxation.
-  6. Organise a post-race massage to help remove the bi-products from racing out of the muscles.
-  7. The day after your race, it is a good idea to do something aerobic (easy) for up to 45 minutes, as this will also help the body recover. If the run is your weakness, don't run for your recovery session and stick to the bike or swim instead... same goes for other disciplines.
-  8. Look after your body after all the hard work and it will look after you at your next event!

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Remember to enter TriShave competition to **WIN Free ENTRY Fee.**

Visit TriShave [www.trishave.com.au](http://www.trishave.com.au) for more information

Visit the [TriShave Facebook Fan page](#) and share your race stories with us!

*See you at the next TriShave Womens  
Triathlon Festival, 13th March 2011!*

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