



# Recovery

The Fourth Sport in Triathlon Training

Presented By  
Dynamic Touch Massage.com  
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# ***Post-Race Recovery Factors add up!***

- Life Stress
- Quality of Training-Appropriate Rest and Taper
- Length of time, and distance of Race
- Age
- Experience and Conditioning
- Intensity of race effort
- Course difficulty and weather conditions
- Nutrition & Hydration in training, before and during event

# General Recommendation

## ❖ 6 days for ideal recovery :

- for average athlete
- after mid-length race in
- moderate conditions.

- Recovered means you'd be ready to get back to race-intensity training

# ***Aids for Recovery- Help Yourself!***

Any method of increasing circulation seems to be helpful in reducing Delayed Onset Muscle Soreness.

- Recovery Workouts- Crosstrain
- Compression clothing
- Ice Baths (7 minutes) and Heat Sauna (careful not to dehydrate further)
- Massage!

# *Types of Massage – it's all good!*

- Just as you use different types of training during phases of the season, periodize your massage usage.
- Some Massage techniques are restorative (reducing inflammation), and others are invasive (creating inflammation).

# *Types of Massage – it's all good!*

- Self-Massage (especially legs!) all the time, any time. (use hands or The Stick)
- Injury Treatment- everything stops until injury heals- may need to break down scar tissue and retrain muscle patterns to avoid re-injury.
- Fine Tuning- addressing sub-acute issues, chronic tightness, muscle imbalance Early Season
- Recovery from Intense Training Sessions- on your rest day
- Pre-Event preparation
- Post-Race Recovery- ASAP, but within first 24 hours to get reduction of soreness

# *Keys to Stretching Smart*

- Getting Stronger makes you Tighter!
- Stretch Muscle, not ligaments- take to tension, not to pain
- Stretch in a warm environment- in or after Shower is perfect

# *Stretch for Success*

- **Post-Activity** to return to pre-activity length: Hold stretches for 6-10 seconds to get the muscle to reflexively relax
- **Flexibility Stretching** to make long term change in ROM: Long stretches (3 min or more) will set new neuromuscular patterns and make muscle fibers lengthen.

# Stating the Obvious

- You already know how to stretch your back and your quads. Now let's do something different!
- We are going to go through some often misunderstood stretches, and techniques for the often-forgotten areas.

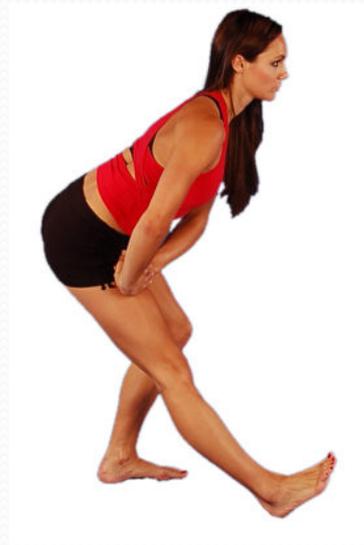
# Hip Flexors for Good Gait

- Hip Flexor- Kneeling, shift (don't lean) forward pull “tail between legs”. Feel at top of thigh



# Hamstrings, weak and tight!

- Avoid bending the back to focus on the Ham.
- Straighten back, bend at hip, bend knee of forward leg (not shown in picture).



# Tennis Ball-Rotator Cuff

- Deep Shoulder muscles- behind the armpit, and on shoulder blade. Pull arm around chest.
- On Wall or on Floor



# Tennis Ball- Low Back Reliever

- TFL – side of hip, just below belt-line
- Piriformis deep in the glutes,
- On Floor, Wall or Bed



# Foam Roll (no demo)

- Glutes, Hams and Quads One leg at a time, or both to control pressure
- ITB goes all the way to the side of upper hip bone as shown



# Foam Roll for Shoulder Relief

- Lats, Lying on Side



# Stretch on the Foam Roll

- Pectoralis Stretch on foam roll-
- Hands in goalpost position, hold water bottles



# *Your muscles are Listening*

- Our muscles want to please us, and will get good at whatever we tell them to do consistently.
- If you want to be good at sitting- sit a lot! If you want to be flexible, stretch a lot, especially if you are doing strength work, which makes the muscles tighter.
- We need to cultivate flexibility and nurture after activity.

# Schedule your Massage today!

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- Two office locations- Costa Mesa (open 7 days) and Laguna Niguel (open Mon-Wed)
- Coupons available **for \$20 off of your first visit!** (See Martha, offer not to be combined with 15% off above)
- Get another **\$10 off of a return visit** if you write and print a review online. (this offer CAN be combined with 15% off!)