

POST-RACE TIPS by VIVECORP

Congrats on completing the Seattle Rock 'n' Roll Marathon or Half Marathon! What now? Follow these tips to recover like a rock star.

REFUEL

Immediately after the race, grab a banana, bagel, and/or sports drink to kick off the recovery and replenishment process.

STAY WARM

Wrap yourself in a thermal blanket to help regulate your temperature until you can change into some dry clothes.

NOURISH

Once you've had a chance to shower, treat yourself to a nutritious, balanced meal high in carbohydrates and protein.

HYDRATE

Continue to sip on water throughout the day.

GET SOCIAL

Post an obligatory race day photo and caption on social media. You just accomplished something amazing. Why not share it with your tribe?

RECOVER

Schedule a massage, spend some quality time foam rolling and go for a recovery swim or walk within the first couple days post race.

MOVE FORWARD

What's next? Give yourself plenty of time to recover, but get your next race on the books so you have something to work towards.