

Whitewater Triathlon

Triathlon Race Recovery Workouts

These workout ideas are designed to use 1-2 days after a race. Stay at an easy pace. There will be plenty of time to train. Let your body recover for a few days.

Tip # 1: Swimming as Recovery

Getting in a swim is a great way to loosen up your muscles after a race. Many people neglect swimming as recovery for running or cycling. Breastroke kicking is an excellent activity for any Triathlete because it can loosen the hips which tend to be tight in runners and cyclists.

Tip # 2: Mix it up

Completing short combo workouts can be a great recovery workout. If you competed in a Sprint Tri, try this:

5 mile bike

1.5 mile run

or

800 meter swim

1.5 mile run

Remember, this is a recovery workout! It may be shorter than your regular workouts. Completing different activities helps loosen up different muscle groups. The workouts are quick will help you recover faster.

www.WhitewaterFitness.com

