COMMAND & SIMPLIFY

Post-Run Recovery Checklist

Simple steps for recovering well and getting ready to run again.

Right After the Run

- ☐ Slow down and cool off gradually.
- ☐ Walk gently for a few minutes if you're feeling well.
- ☐ Begin replacing fluids as needed.
- ☐ Eat a meal or snack with carbohydrates and protein.
- ☐ Change into comfortable, dry clothes.

Later That Day

- ☐ Keep drinking fluids normally.
- ☐ Eat balanced meals.
- ☐ Move gently if it helps with stiffness.
- ☐ Stretch lightly if comfortable.
- ☐ Enjoy a warm bath if you like one.
- ☐ Make sleep a priority.

Before Your Next Run

- ☐ Check how your legs and energy levels feel.
- ☐ Notice any recurring or localized pain.
- ☐ Consider whether you need another easy or rest day.
- ☐ Avoid turning every run into a personal-record attempt.
- ☐ Adjust your training if your recovery isn't keeping up.

This article shares personal experience and general educational information, not individualized medical advice. Consult a qualified healthcare professional about persistent pain, unusual symptoms, or health concerns related to exercise.