



POWERED BY MICHELLIE JONES COACHING



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The Rx for improved performance – home recovery

Swim. Bike. Run. Strength train. Yoga. Drive the kids to school. Make dinner. The list goes on and on. However, what should be penciled in is home recovery to stay healthy and improve performance.

In a recent survey of age-group triathletes, the majority said home recovery on a regular basis is neglected. Many claimed to foam roll, stretch, or use compression gear once weekly at most, while others admitted they are just lazy in making it a priority; finally, few were needles in the haystack, taking care of multiple methods on a daily basis. In fact, most said they would be more diligent in doing so if their coach wrote it into their schedule like any other workout.

Michellie believes recovery definitely needs to be included in your overall training program. You want to get bang for your buck after all the hours invested in swim, bike, and run. “Recovery is key to becoming a better athlete and reducing the risk of injury; it is also most

time efficient to set up a simple program you can do at home,” she said.

According to Coach MJ, many athletes become aware of what they should have been doing all along to prevent injury after they are injured. As we become aware of weaknesses, it’s important to create a routine to take care of the body as a whole, not only strength and flexibility. She has used many methods over the years, such as Compex muscle stim, self massage, and an ultrasound machine. But how and when should triathletes use these recovery modes? Coach MJ has her suggestions.

Foam rolling – keep the routine short and use every other day. Be careful with inflamed areas. It’s great for many muscle groups; just be sure to go up, down, and across the muscles. She loves using her roller, particularly on calves, quads, glutes, and IT bands.

Muscle stim – incorporate before and after activity daily. The Compex has a warmup mode, which is

beneficial to engage areas with poor blood flow, such as the Achilles and arch. In addition, it can help fire a certain muscle fiber to build strength.

Dynamic stretching – Coach MJ does so as part of her warm up routine, never missing it on days scheduled with high-intensity run intervals. The goal is to propel the muscle into an extended range of motion. This can be done daily.

Compression wear – this is simple to implement. For example, wear a pair of Pro Compression socks during and after activity to aid in blood circulation and support muscles, preventing blood from pooling and removing lactic acid.

Ice + heat – Ice is another form of recovery at the top of Michellie’s list. It’s an easy tool to help prevent damage associated with hard workouts that break down muscle; it reduces swelling and inflammation. Her favorite use of heat is a hot bath with Epsom salt. Magnesium and sulfate are readily absorbed through the skin into the bloodstream via reverse osmosis. It pulls salt

and toxins out of the body, which benefits sore muscles. Coach MJ cautions athletes to be safe in their recovery. The use of ice for too long may cause frostbite – all it takes is 15 minutes. “My rule of thumb is whenever you have inflammation, never go directly over the injury – always go above and below,” she said. Also, depending on the goal of treatment, a combination of methods can indeed be complementary. “Rolling out the IT band may be too aggressive, so combining it with Compex on a low level can bring relief sooner,” Coach MJ commented.

She tells her athletes many train hard, so it’s attention to these details that can set one apart on a path to years of personal bests. “Remember R.I.C.E. – rest, ice, compression, and elevation after an injury and as part of your recovery routine,” Coach MJ said.

-By Kathy English, Michellie Jones Coaching
