

Example of marathon recovery schedule

Week #	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun	Comments
Race + 1 week	REST/walk 20 mins	REST/walk 20 mins/ massage	REST/swim 30 mins	REST/Jog 20 mins	REST/walk 40 mins	REST/swim 45 mims	REST/jog 25 mins	Mileage irrelevant, plenty of stretching.
Race + 2 weeks	Walk 50 mins	Easy jog 20 mins	Swim/Yoga/Pilates/rest	Easy Jog 40 mins	REST	Easy Jog 50mins	Walk 60 mins	Keep stretching, rest if you still feel tired
Race + 3 weeks	Steady run 30 mins	Steady run 45 mins	Swim/Yoga/Pilates/ rest	Steady run 40 mins	REST	Steady run 45 mim	Steady Run 45 mins.	Less if stiff/sore/ tired. Try another massage Friday.
Race + 4 weeks	Steady run 40 mins	Club session 1 group SLOWER than your normal group	Swim/Yoga/Pilates/ rest	Steady run 50 mins	REST	Steady run 60 mim	Steady Run 45 mins.	

Do NOT rush, recover gently. There are no prizes for being macho. If you really feel COMFORTABLE doing more then go ahead. If you are tired, stiff or sore then REST or EASE BACK.

Swimming and massage should help with any stiffness but KEEP ON STRETCHING, both static and dynamic.

Enjoy your well earned rest and recuperation back to racing fitness.