

# SPORTS MASSAGE FOR MARATHON RUNNERS

Sports massage should be an important part of your preparation for the Virgin London Marathon and for local half marathons.

The more miles you run, the greater the strain on your body. So making sports massage a vital part of your training schedule is essential to help you train optimally.

It is best to have sports massages on light training days so that any muscle tightness can be treated before the long training runs at the end of the week.

To maximise training performance book weekly massages especially in the build up to race day

## Benefits Of Sports Massage

- Helps decrease the recovery time between training sessions.
- Helps identify potential running injuries before they stop you from running.
- Helps identify areas of muscle tightness caused by compensations.

- Decreases chance of developing a muscle injury.
- Helps to maintain flexibility of muscles.
- Help remove lactic acid build up.

## Post Marathon Massage

A lighter massage that is best received as soon as possible after the race. This improves the rate of recovery and reduces the effects of delayed onset muscle soreness (DOMS). It also helps restore proper muscle length.

*Note: If you have any "niggles" it is advisable to get them treated. Leaving them until the week of the run maybe too late.*

## Prices

£45 per 1 hour session.

(Possible surcharge depending on distance travelled)