



Craig “Crowie” Alexander’s  
**30 Days to an  
Optimal IRONMAN Recovery**





# THE COST OF RACING IRONMAN

# Toll of Racing IRONMAN

- 1. Muscle damage**
- 2. Inflammation**
- 3. Cardiac stress**
- 4. Mental fatigue**

# 3 Primary Objectives

A well-planned and intentional recovery mitigates the damage of racing and helps us to:

- 1. Expedite Healing & Rejuvenation**
- 2. Avoid Injury**
- 3. Leverage Your Fitness Gains**

# A WELL-ENGINEERED RECOVERY



# My Recovery Hierarchy

## 1. Sleep, Nutrition & Easy Movement

- Get the basics right
- “Movement is Medicine”

## 2. Bodywork

- Hastens overall recovery

## 3. Supplemental Tactics

- Ice baths, compression, Normatec boots

**MAKING IT  
WORK:  
MY 30-DAY  
POST-RACE  
PLAN**



# After Crossing the Finish Line

## As soon as possible:

- Protein shake
  - Hydration
  - Walking
  - Ice bath
  - Compression
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- Appreciate the accomplishment
  - Thank your family & support team



# Post-Race: Week 1

## Training

- No formal training, no alarms!
- Easy, enjoyable movement
  
- Day 1: easy swimming, easy walking
- No running for 7 days!

## Other Priorities

- Replenish with [mostly] clean meals
- Review & assess your performance
- Reconnect with family & supporters
- Attend to recovery from mental & emotional fatigue

# Post-Race: Week 2

## Continue the Basics

- Prioritize sleep
- Prioritize nutrition

## Training

- No formal training yet; keep it fun!
- Gently reintroduce running
- Keep intensity at Zone 1 or low Zone 2

## Bodywork

- 2 or 3 massages
- Continue daily ice, compression and Normatec boots, etc.

# Post-Race: Week 3

## Training

- Reintroduce structured training
- Keep running intensity low!
- Injections of tempo efforts in swim & bike
- Volume & intensity still less than normal training week

## Bodywork

- Return to strength training (based on feel)
- Continue daily ice, compression and Normatec boots, etc.

# Post-Race: Week 4

## Training

- Training dictated by time of season
- Continue to slowly raise volume & intensity

## Assess & Recalibrate

- Honestly evaluate progress against your recovery goals:
  - Replenish physically & mentally
  - Avoid injury
  - Leverage fitness gains
- Establish or revise goals



# Q&A WITH CROWIE