

Dublin City Council

Dublin City Half Marathon

Preparation

Week 9

Recover & Reset

INTERMEDIATE – PROGRESSION

You did it. Now the goal is not fitness.
The goal is recovery. Your body has worked hard.
Muscles, tendons, nervous system —
they all need time to repair and reset.

This week is about movement, reflection, and allowing
your body to absorb what you've achieved.

Recovery is part of training.



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INTERMEDIATE – PROGRESSION

For runners who raced with performance goals.

MONDAY – REST

Complete rest.
Prioritise recovery.

TUESDAY – LIGHT FLUSH RUN

Duration: 25–30 minutes. **Intensity:** RPE 2–3.
Very relaxed. If sore, walk instead.

THURSDAY – EASY RUN

Duration: 30–40 minutes. **Intensity:** RPE 3.
Focus on relaxed stride.

SUNDAY – OPTIONAL EASY RUN

Duration: 45 minutes. **Intensity:** RPE 3.
No structured efforts.

STRENGTH

Mobility only this week.
Light stretching. Foam rolling.
No heavy strength work.

NUTRITION FOCUS – RECOVERY NUTRITION

Prioritise: Carbohydrates to replenish glycogen.
Protein for muscle repair. Fluids and electrolytes.
You may feel hungrier than usual.
That's normal.

MINDSET FOCUS

Before thinking about your next goal, pause.
What did this journey teach you?
Recovery is not the end.
It's the bridge to what comes next.

RUNNING GLOSSARY

RPE (Rate of Perceived Exertion):

1-10 intensity scale. RPE 3 is easy conversation;
RPE 7 is purposeful hard work.

Strides: Short bursts of fast, relaxed running
(15-20s) to improve form.

Aerobic: Oxygen-using steady effort.

Taper: Reducing training volume before a race
to ensure you are recovered and fresh.

"Awareness builds confidence."



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