

The First 48

What to do after a hard run, hour by hour. Soreness usually peaks 24-48 hours out, and that window decides how your next session goes.

0-1 HR

Close the effort

- Keep moving for 5 or 10 minutes. A walk is enough. The couch can wait.
- Rehydrate with fluids and electrolytes, especially after long or hot efforts.
- Eat within the hour. Carbs restock what you burned and protein starts the rebuild. A real meal does this better than a perfectly timed snack.

1-4 HR

Set up the repair

- Take your daily scoop of Runners' Relief. Consistency is the whole mechanism, so anchor it to the same time every day.
- Put your legs up for 10 minutes. It costs nothing and it helps.
- Later in the day, stretch lightly or take a short walk. Gentle wins today.

NIGHT

The workout you can't skip

- Sleep is when the repair actually happens. Treat tonight like training: bed earlier than usual, cool room, phone out of reach.
- A simple wind-down (shower, stretch, a few pages of a book) does more than most recovery gadgets.

DAY 1

Easy means easy

- Move without training. Walk, jog easy, or rest completely. The medium pace that feels productive is the one that costs you.
- Scoop two. Keep the streak going.
- Keep eating like you're recovering, because you still are.

DAY 2

The real test

- Soreness usually peaks today. That's expected, and it doesn't mean you did anything wrong.
- Easy movement helps ordinary soreness. Sharp, one-sided, or worsening pain is a different thing. Back off and get it looked at.
- Tomorrow you're ready to go again, which was the point of all of this.

THE HYDRATION MATH

Most runners guess at rehydration. You can measure it with a bathroom scale.

- Weigh yourself before and after a long or hot run (same clothes, or close to it). Every pound you lost is about 16 oz of fluid you finished behind.
- Replace it with 20-24 oz per pound lost, spread over the next 2-4 hours. Sip it through the afternoon rather than chugging; your body flushes what you gulp in one go.
- Pair the fluid with sodium (electrolytes or salty food) so your body keeps it instead of flushing it.
- Skip the scale and you can still check by mid-afternoon: pale straw urine means you're on track. Apple juice color means keep drinking.
- Do the weigh-in on two or three sweaty runs and you'll know your personal sweat rate. After that you can plan your rehydration before you lace up.

THE 5-POINT READINESS TEST

Run this on day 2, before you commit to the next hard session. One point for each yes.

1. Soreness is general and even on both sides, and it's fading rather than building.
2. Walking down a flight of stairs feels controlled. You're not bracing on the rail.
3. You've had two decent nights of sleep since the effort.
4. Your resting heart rate this morning is within about 5 beats of normal.
5. You're eating normally and you want to run today, rather than dreading it.

5 PTS: green light. Run the session as planned. **3-4:** start the warm-up, then decide after 10 easy minutes. Your legs will tell you. **0-2:** make it an easy day. The workout moves to tomorrow; your fitness isn't going anywhere in 24 hours.

THE DOSING WINDOW

1 scoop of Runners' Relief daily, whenever suits you. Same time every day matters more than the perfect time. During your hardest weeks, don't skip days: tart cherry works cumulatively, and a gap starts the clock over.

**Hard days build your fitness.
The 48 hours after them decide whether you keep it.**

THE RESEARCH BEHIND THE FORMULA

Every dose in the tub is printed on the label, and the studies behind the ingredients are cited, with their limits explained honestly, at:

mightymoosenutrition.com/pages/the-science

Training guidance, not medical advice. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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