

The Art of the ICE BATH

Over the years we here on the SGV Marathon Team have found the perfect Ice Bath. After your long runs and all your races follow these steps and we promise you will heal and recover twice as fast. It sounds painful at first, but at some point you will actually find yourself looking forward to them.

1. Make sure someone else is around that knows you are taking an ice bath. (This is a safety measure to make sure you are safe)
2. Fill the bathtub about 3/4 full with cold water. (Yes, just cold water)
3. Make yourself some hot tea, hot chocolate or coffee. (This is our secret to success)
4. Put on a shirt to keep your upper body warm.
5. Take the plunge! Get into the water, sit back and just focus on sipping your hot beverage. The water should come up to your waist.
6. Add the ice! We suggest a couple of bags, or about four-six hotel buckets full.
7. Set your timer for 15 minutes. (DO NOT STAY IN FOR ANY LONGER THAN 15 MINUTES)
8. Make sure to keep the ice water moving.
9. Sing, talk to someone, read, just do something to keep your mind entertained.
10. Before you know it the timer will beep!!!
11. Take a lukewarm shower, which will feel hot!