

Recovery: The Ice Bath, By Competitor.com

Ice Bath Tips:

- Go natural: If you have access to a cold stream or ocean, this works just as well as an ice bath
- If you're at home: fill your bathtub with cold water that will cover your hips
- Pour in 1 or 2 store bags of ice to get the temperature under 60 degrees
- You should go numb after a few minutes
- Stay in the tub for 10-15 minutes (more is unnecessary)
- If you're bored or cold try these suggestions:
 - Read a magazine
 - Listen to music
 - Talk on the phone
 - Eat a snack
 - Drink a warm drink
- Definitely take an ice bath after long runs

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