

The Four Best Types Of Massage For Runners

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Learn more about timing, frequency and which type of massage is best for your situation.

Most runners love to get a massage. Not only does it feel great, but it can also help speed recovery, reduce muscles soreness and facilitate injury healing. There is, however, a lot of confusion when it comes to massage. Typical questions include:

When is the best time to get one?

Which type is best for runners?

What common mistakes should I be wary of?

Having been a massage therapist for four years, I had the opportunity to work with a lot of runners. Not only did this experience help me identify a lot of the common questions and misconceptions about massage, but it also allowed me to test a variety of theories when it comes to the optimal timing, pressure, and massage modality.

[VIDEO: The Benefit Of Massage For Runners](#)

In the following pages I will share with you some of the different types of massage for runners and explain when to effectively utilize which type. I'll also outline when, and how often, you should schedule a massage to ensure you get maximum benefit without impacting your workouts or races.

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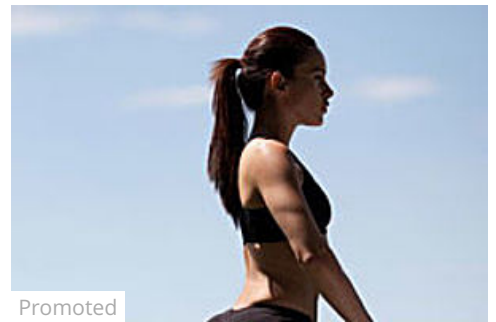
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