



115 Merton St., Toronto, Ontario, M4S 1A7  
Tel: 416.483. AETT (2388) Fax: 416.483.2383  
[www.absoluteendurance.com](http://www.absoluteendurance.com)

## Massage for Endurance Athletes By Tracey Elliott, R.M.T Absolute Endurance Training and Therapy

Many top competitive runners, cyclists and triathletes incorporate massage as a regular part of their training program to help prepare for and recover from strenuous workouts and to enhance overall performance. Massage Therapy is a benefit to these top runners, but also for those of us who run as a hobby, some of us with consistency and others who may be weekend-warrior type athletes. Regular massage keeps muscles free of knots and hypercontracted bands, which, if ignored, could lead to injury.

Here are the top 10 positive effects of massage therapy:

1. Break up scar tissue that may have built up in your muscles.
2. Improve blood flow to your muscles.
3. Loosen muscles that have contracted (shortened) with continued use.
4. Allow more oxygen to move into your muscles.
5. Improve the flow of lymphatic fluid, which aids in healing.
6. Reduce the chance of injury, through proper stretching, race preparation and through deep tissue massage.
7. Improve range of motion and muscle flexibility, resulting in improved power and performance.
8. Shorten recovery time between workouts.
9. Maximize the supply of nutrients and oxygen through increased blood flow.
10. Enhance elimination of lactic-acid build up (a by-product of exercise).

If you're interested, give Absolute Endurance a call at 416 483-2388 to further inquire, and/or book a session with Tracey.