

Injury Prevention

Running Form:

*Look straight ahead- scan the horizon, do not allow your chin to jut out!

*Keep shoulders low and loose, not high and tight

*Arms should swing mostly forward and back with elbows at 90°

*Keep hands unclenched with fingers gently touching palms

*Torso and back straight and upright
"Run Tall"

*Hips point straight ahead

*Slight knee lift, quick leg turnover, and short stride

*Land on your mid foot

*Foot should hit ground lightly, land between your heel and mid foot-then roll forward

How to prevent Injuries in Endurance Training:

∴ Plan your run

- Run with a partner, if your alone carry an ID with you
- If running at dusk or dawn wear reflective gear
- Let others know where you will be running and bring change with you in case you need to make a call

∴ Rest and Recover

- No more than 5-6 days of running per week
- Recovery days should follow a hard training day

∴ Incorporate Recovery Techniques

- If you suspect an injury, begin preventative measures to keep damage to a minimum and to speed recovery
- RICER: Rest, Ice, Compress, Elevate, Referral (if needed)
- Foam Rollers and Massage Sticks help sore, achy, or stiff muscles recover from exercise

∴ Sleep

- Essential for physiological growth and repair- aim for at least 8 hours a night!

∴ Warm-Up and Cool-Down

- Always perform a 5 -15 minute warm-up and cool-down prior to stretching
- Stretch after the muscles are warmed up
- Stretching after a warm-up or cool-down helps to decrease joint and muscle stiffness, therefore improving range of motion

(Refer to Stretching Guide)

∴ Integrate Strength Training and Cross-Training

- Strength training facilitates bone health, enhances injury resistance, and can delay fatigue
- Cross-training will help develop parts of your body that running neglects, fight muscle imbalance injuries, burns additional calories, and increased aerobic capacity

