



RUNNING INJURY PREVENTION & PERFORMANCE PROGRAM

To help reduce injury risk and improve running performance for recreational runners by preventing common mistakes that lead to injury & time off running.



PREVENTING RUNNING INJURIES

Injuries cant be absolutely prevented, however there are some common mistakes that runners make that thend to lead to running injuries

Being aware of these common mistakes can help to reduce your risk of injury and improve your running performance/help you achieve your running goals

COMMON MISTAKES LEADING TO INJURY

Training Load Errors

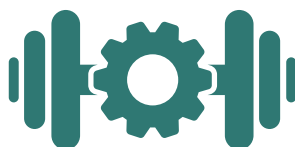
- Loading the tissues in your body more than they are able to cope with is a major cause of running-related injury
- Training load errors occur when someone increases their running load (this may be distance, frequency, intensity/speed or a combination) too quickly, without giving their body the time needed to adapt to these increases

Not Performing Appropriate Strengthening

- Running doesn't necessarily make you stronger for running, resistance training will ensure you have the required strength to cope with running loads

Non-Physical Factors

- Not being aware of the impact that non-physical factors can have on your body can dramatically increase the risk of making a load management error
- Stress will often lead people to make training load errors (causing more impulsive training), other factors such as nutrition, general health, sleep and hormonal changes can impact the tolerance of our body to load



PREVENTING INJURY & IMPROVING PERFORMANCE

PREVENTING THE ABOVE MISTAKES

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Appropriate Load Management

- As mentioned above, this is a key pillar in preventing running injury. The specifics of load management will vary from person to person (depending on their goals for running, previous injury history, previous running history, strength and non-physical factors)
- Appropriate, and specific load management will greatly reduce the risk of injury



Adequate Strength Training

- Studies have shown that regular strength/resistance training can improve running economy in both professional and recreational runners
- Lower limb strength is also important to reduce the risk of injuries while running due to the high forces that running places on the body. For example, the kneecap can be exposed to upwards of 6-7x your body weight with each step during running, the muscles of your leg need to be strong in order to cope with this amount of load, this can be gained with strength training



Non-Physical Factors

- The non-physical factors mentioned in the section above can all be part of life, being aware of the impact they can have and then ensuring training is modified as required will help reduce the risk of injury

THE RUNNING INJURY PREVENTION & PERFORMANCE PROGRAM

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This program is designed to help reactionary runners achieve their running goals, whether that is training for a 10km, half marathon, marathon, or just running to feel fit and healthy.

The program will give runners the tools and support needed to improve running economy and minimise time off running due to injury.



Developing a Load Management Program

- Utilising the acute chronic ratio and planning weekly running sessions that are specific to your running history, tolerance, available time and goals.
- Providing an individualised load management template to help with



Strength Testing & Program Development

- Testing muscle strength and capacity of the muscles that play an important role in running. Utilising gym space and force plates to get a clear picture of your muscular strength and running efficiency
- Using the data from testing to develop a strengthening program that will be tailored to your goals, available time and access to equipment



Regular Progression & Modification Check-Ups

- This will be specific to you and your goals and can be used to work through any running modifications that may be required