

**Tips for Injury Prevention**  
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**VOLUME** Give yourself time! Running volume should increase at a slow pace over the course of 10-15 weeks to prepare your body for running 15K.

**STRETCHING** Maintaining good lower body flexibility is essential to injury prevention. Stretch following your training runs when your muscles are warmed up.

**FOOTWEAR** Make sure you are wearing proper shoes for your foot type. If you have high arches, you will need a *cushioned* shoe. If you have flat feet, you need a *motion control* shoe. Those in-between will do fine in a *stability shoe*.

**PAIN** Listen to your body! Expect some soreness in the first few weeks of training, but sharp pains need to be addressed by a professional.

**CROSS TRAIN** Mix in a different kind of workout to your training program on off days. Ride a bike, swim, play basketball or another physical activity. This will build complementary muscle groups and give your running muscles a break.

**REST** You need one to two days off per week to give your body time to recover.

**FORM** Your upper body should be as relaxed as possible with a feeling of being pulled along by a string attached to bellybutton. Your feet should hit without crossing over the midline of your body.

### **Stretching and Hydration PEARLS**

For every pound of weight lost during exercise,  
a 20-ounce electrolyte "sports" drink should be consumed.

Eating should be modified to fit exercise goals leading up to a race.

Runners should perform a full body stretch routine  
that hits all lower and upper body muscles utilized during running.  
Lower body stretches should include at the minimum:  
quadriceps, hamstrings, IT Band, and calf (both gastrocnemius and soleus).

Stretching should be performed pre- and post-workout  
to ensure maximum flexibility and prevention of injuries.  
A short warm-up should be completed prior to pre-workout stretching.

Your routine should include stationary "static" stretches,  
as well as active "dynamic" exercises.