

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.