**Training tips/health snippets to prevent injuries**

[**Preventing Running Injuries:**](http://clicks.aweber.com/y/ct/?l=CXvtck&m=3_1H.R1ol8X33Vy&b=FWrRY0.O5FapPsC2u_2QJw)

While it's impossible to completely be injury-free, there are some things you can pay attention to in order to minimize the chances of getting injured.

- Train your muscles at the same rate as your metabolic system

- Work in all three planes of motion

- Hydrate and fuel well

**Prevention of running injuries**

While we could write volumes on the subject of injury prevention, let us simply touch on the basics and how you can work to stay virtually injury free while training hard. Some of these tenets are commonplace, but others may seem novel at first.

**If you include these concepts diligently in your training, you will drastically reduce your injury risk and be able to capitalize on your aerobic gains leading into races of any distance.**

**Train your muscles at the same rate as your metabolic system** – Logging tons of miles at an easy to moderate pace is great for building general aerobic stamina, but will not do much for you when you want to add faster sessions to your training plan. The faster you go, as in a track workout or tempo run, the more demand is placed on the musculoskeletal system.

Therefore, including things like **dynamic drills, short hill sprints, strides, and light fartlek** year-round will work wonders in keeping your muscles as strong as your aerobic system. That way, when it is time to add the speed work necessary to perform well in your goal race, you will be ready to go!

**Work in all three planes of motion** – Running is an activity that is done solely in the frontal plane of motion. It is a ‘left, right, left, right, always forward’ pursuit, but this consistency neglects the muscles used more extensively in lateral or backwards movements.

We tend to hurt our **IT bands, deep hip muscles, gluteals, and shins.** These are all muscles groups involved in lateral or reverse movement, so they are actually weakened in a relative since by all the running we do. To combat this, doing regular strength exercises for these lateral and posterior muscles is a great idea.

Also, completing at least five minutes total per week of lateral ‘skipping’ and backwards running is excellent for dynamically strengthening these underused muscles.

**Hydrate and fuel well** – Two other chief causes of injury are simple **under-hydration** and **bodily calorie deficit.** Our muscles and fascia act very much like sponges. When you are hydrated and in calorie balance, your “sponges” are supple and resilient. When you are not, your “sponges” are brittle and susceptible to “cracking”.

So, fuelling well with quality **carbohydrates, healthy fats, and complete proteins each day** is essential to healthy running, diets notwithstanding. Also, drinking plenty of water and electrolyte drinks throughout the day will keep you fluid and capable of handling hard training from the inside-out.

[**Treating running injuries:**](http://clicks.aweber.com/y/ct/?l=CXvtck&m=3_1H.R1ol8X33Vy&b=KLa9M4RxG5oneMJmITeMXA)

Assuming you are like 75% of runners, you'll have something getting sore or painful over the course of a year's time.

When you feel any running-related pain, please follow this protocol

**First 48 hrs after injury:**

Do not stretch, but ice the area. Take a good dose of Vitamin C. Take a small dose of a NSAID (in accordance with your doctor). Rest for 24 hours.

**Beyond 48 hours:**

Discontinue icing and NSAIDs after 5 days, begin to actively stretch the area, train at maximum 50% your normal intensity

Assuming you are like **75-80%** of runners, you will **have something get sore or painful over the course of a year’s running time**.

Below is a protocol for dealing quickly with any running-related pain no matter the region of your body or initial cause (minus acute trauma).

**Onset of pain** (i.e. - you run a hard track workout, and your left Achilles tendon is very sore on the warm-down)

**First 48hrs following injury**

* + Do not stretch the area immediately surrounding the injury.
	+ **Ice area for** **ten minutes as often as possible for first six hours** following onset of symptoms
	+ Take a Large Dose of Vitamin C from a high quality source (i.e.- Ester-C) for tissue repair
	+ Take 200-600mg of naproxen sodium or ibuprofen every 12hrs  if swelling is present (and if permitted by your doctor)
	+ Use a compression bandage or commercial compression sleeve in first 24hrs to remove inflammatory waste and promote healthy circulation to the area
	+ **Rest for 24hrs**, assess pain, and train lightly at 50% normal load if pain is mild or absent

**If symptoms persist beyond 48hrs**

* + Continue above protocol for 3-5 days
	+ **Discontinue Icing after 5 days** (it restricts circulation, and therefore healing time will slow)
	+ Discontinue NSAIDs after 5 days (same reason as above)
	+ Begin to actively stretch the area 2-3 times per day
	+ Go for a **professional massage after 72hrs** if possible, or use a foam roller extensively to release tension in the area
	+ Train lightly at 50% of normal load or XT; Take total rest for three days if symptoms persist
	+ **Increase protein consumption, hydrate well, and eat 2x your normal amount of fruits and vegetables to increase healing and repair**

If you follow the above advice to prevent and treat injuries, you will take one step further to being a consistent, healthy runner throughout your career!