

Why Runners Get Injured?

Training

1. Inconsistent Training

Inconsistency occurs when you have missed several workouts in a row and then try to add on additional miles in subsequent workouts in order to *catch up*. A better approach is to focus forward and try to stick with the program.

2. Building Miles Too Quickly

Stick to the **10-Percent Rule**. The 10-Percent Rule states that you should never increase your weekly mileage by more than 10 percent over the previous week.

3. Repeating Hard Workouts with No Easy Workouts in Between

Taking a one day break (day of rest, cross-training) in between hard workouts allows your body to recover and rebuild while limiting your risk of suffering a running injury.

4. Put Variety into Your Runs

Running injuries are minimized when you run on a variety of surfaces, vary your speeds and inclines/declines.

5. Take More Steps

Make a goal to be 90 steps per minute for each foot. Research has found those runners that take more steps prevent injuries and improve efficiency.

Equipment

1. Wrong Shoe Type & Excess Mileage

Choose the right running shoes (Neutral, Control, Stability) and replace them when the mileage reaches approximately 500-800 kilometers.

Your Body

1. Old Injuries Linger

Untreated old injuries can cause additional stress on muscles and joints. Get old injuries fully treated and rehabilitated before adding additional stress your body.

2. Silent Issues - Muscle Imbalances / Structural Misalignment / Overpronation/supination

We may not always be aware of issues that can be lingering in our bodies. A proactive evaluation by a health professional who specializes in running injuries can identify these silent issues before they become loud annoying ones.

3. Ignoring Early Warning Signs

If you think you might be injured, immediately begin preventative measures in order to keep damage to a minimum and to speed your full recovery. Depending on the type of injury, this could mean using the **RICE** (**R**est, **I**ce, **C**ompression, and **E**levation) method to enhance recovery, and taking a day or two off of running to allow the injury to heal.

*** If the discomfort does not go away in a day or two, consult a health care practitioner that specializes in running injuries. Early treatment can prevent an injury from becoming a big problem.

4. Overtight Muscles (Lack of Stretching)

We know that running creates stress on certain muscle groups. Soon after you stop running, muscles that have been stressed begin to tighten. The best way to avoid stiffness and eventual soreness from stressed, tightening muscles is to stretch after your run.