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RUN4 GEEELONG 2024



Barwon Health
Foundation

**A RACE FOR
BETTER HEALTH**

Injury Prevention Guide

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& PILATES

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Injury Prevention Guide

Whether you're training for your first Run 4 Geelong or you're a seasoned runner, staying injury-free is essential for peak performance and long-term health.

Running injuries are often preventable with the right approach to training, recovery, and strengthening. This guide is designed to help you understand the most common running injuries and how to avoid them, along with exercises that will keep you strong and resilient throughout your training for **Run 4 Geelong 2024! Let's get MOVING!**



Understanding Running Injuries

Did you know approximately **80% of running injuries are due to overuse?** The total load on your body isn't the only factor—how quickly you increase your load is crucial. Rapid changes in training volume, intensity, or frequency often lead to injury.

Common Training Mistakes

- **Increased running volume, intensity, or frequency too quickly:** Gradually build your training load to allow your body time to adapt.
- **Improper mix of high and low-intensity sessions:** Balance hard running days with easy recovery runs.
- **Bunching sessions together:** Avoid cramming all your workouts into a few days, like a weekend warrior.
- **Inadequate rest:** Rest is just as important as training; give your muscles and joints time to recover.
- **Boom and bust cycles:** Avoid alternating between intense training and complete rest—consistent, steady training is key.
- **Running too fast too soon:** Slow it down, take small steps, and enjoy the process.

Best Practices for Injury Prevention

Injury prevention requires a holistic approach, addressing strength, flexibility, running mechanics, and recovery. Here's how you can stay strong and injury-free:

- **Strength Training:** Include exercises to build strength in key areas such as your glutes, quadriceps, hamstrings, calves, and core. Strong muscles help absorb shock and reduce the strain on your joints and tendons.
- **Flexibility and Mobility:** Regular stretching and foam rolling improve muscle flexibility and help prevent tightness that can lead to injury.



If you have a NIGGLE ... Get it SORTED - don't wait

- Get your niggles seen to quickly so you can get a tailored diagnosis & program to keep MOVING !
- For more information to stay injury free for running click [here](#)
- Make sure you come out with a clear plan

FREE RESOURCES FOR RUNNERS ON WEBSITE

- Strength Programs for runners
- Articles on Common Injuries & What to Do
- YouTube Videos: How to Tape Common Injuries
www.youtube.com/@Move_ED



A close-up photograph of a person's knee being examined by a physiotherapist. The physiotherapist, wearing a blue shirt with the 'MOVE' logo, is using their hands to palpate the knee joint. The person being examined is wearing light blue athletic shorts. A red diagonal line is drawn across the top right of the image.

Best Practices for Injury Prevention

- **Warm-Up and Cool Down:** Always start your run with a proper warm-up to increase blood flow to your muscles. Finish with a cool-down and stretching to aid recovery.
- **Proper Footwear:** Ensure your running shoes are well-fitted and appropriate for your foot type. Replace them every 500-800 km.
- **Cross-Training:** Incorporate activities such as swimming, cycling, or yoga to improve overall fitness and reduce repetitive stress on your body.
- **Rest and Recovery:** Recovery is key to staying injury-free. Aim for quality sleep, proper nutrition, and active recovery days to allow your body to repair and rebuild.
- **Gradual Progression:** Avoid sudden increases in running mileage or intensity. Stick to the 10% rule—don't increase your weekly mileage by more than 10% to allow your body time to adapt.

Recovery ! This Stuff Matters

Recovery is a vital yet often overlooked part of any successful running routine. It's during rest that your body repairs itself, builds strength, and adapts to the physical demands of training.

So what does it mean and how do we get it ?

Break Up Your Training Week

- Incorporate recovery and rest days into your weekly plan.
- Balance high-intensity training with proper rest to avoid overtraining.



Recovery ! This Stuff Matters

Sleep is Key:

- Sleep is your most effective recovery tool.
- Did you know less than 7 hours of sleep per night increases your injury risk by 51%!
- More training = more sleep. Prioritize 7-9 hours of quality sleep.

Scheduled Rest:

- Massage & soft tissue release - can aid recovery
- Plan rest days into your training schedule.
- Rest allows your body to repair, build strength, and adapt to training demands.



Are You Strong Enough ?

We know the stronger you are in your running muscle groups the less likely you are to get injured.

See how you compare !

Can you do 25 single leg calf raises, single leg bridges or single leg sit to stands?

Calf raise endurance test:

Here are the normative values for your age group according to Herbert-Losier et al:

Age	Males	Females
20-29	37	30
30-39	32	27
40-49	28	24
50-59	23	21
60-69	19	19
70-79	14	16
80-89	10	13

Running Form Tips



While there's no one-size-fits-all for running form, here are some light-hearted tips to help you minimize injury risk and keep your running game strong:

- **Posture:** Channel your inner gazelle and run tall! Avoid hunching or bending forward like a T-Rex. Keep that proud posture—it'll help you run more efficiently!
- **Shoulders:** Relax those shoulders and let your arms swing naturally behind you. Pro tip: Bring your middle finger to your thumb to encourage a relaxed stance—just make sure you're not looking like Uncle Fester while you do it!





- **Foot Strike:** Aim to land your foot close to your center of mass, with your knees slightly bent. Think small steps and let your feet land where they feel most comfortable. You're not a superhero in flight, so keep it grounded!
- **Side-to-Side Movement:** We're not strutting down a runway here! Keep it stable—avoid excessive side-to-side movement through your hips and pelvis. Stay focused on your path, not the catwalk.
- **Avoid Overstriding:** Remember, small steps are key! Try not to let your foot land too far in front of your body. Another great trick is to increase your cadence—think of how many times your foot touches the ground, and keep that rhythm up!

Best Exercises to KEEP you Running INJURY FREE!

- Single-leg calf raise (straight knee and bent knee)
- Single-leg bridges
- Single-leg sit-to-stand/squat
- Plank and side plank (with an added challenge to lift the top leg)
- Squats and deadlifts

Aim for:

- Single-leg press: 1.5 x body weight at the gym.
- Increasing weights: Hamstring curls and weighted calf raises
- If you need help - reach out to a physio



Example Training Plan to Prevent Injuries



Day	Activity	Focus
Monday	Strength Training	Glutes, core, and hamstrings
Tuesday	Easy Recovery Run + Mobility	Light run and stretching/foam rolling
Wednesday	Interval Training + Cross-Training	Speedwork and cardiovascular fitness
Thursday	Strength Training + Mobility	Calves, quadriceps, and balance
Friday	Rest or Light Active Recovery	Rest or gentle activity (e.g. yoga)
Saturday	Long Run + Cool Down	Endurance and steady mileage
Sunday	Cross-Training (e.g. swimming) + Mobility	Active recovery and stretching

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MOVING ?**



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you keep MOVING!
Just mention RUN 4 GEELONG 2024 to claim !**



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For more strength-based programs and ideas, follow us on [Instagram](#), [Facebook](#), and [TikTok](#)
[@movesportsphysio](#).

Each week leading up to RUN 4 Geelong, we'll be releasing articles, tips, and tricks to help you KEEP MOVING!

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More Questions - We are here to HELP -
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