

Running Training

TIP # 1

Last year my husband ran 12 marathons in 12 months to raise funds for the Cancer society and honour our friends and family who we have lost to cancer and those who continue to battle the disease. Running for a cause kept him very motivated but keeping injury free was a challenge.

Injury prevention became a high priority for me as his personal, in house, on call 24 hour Physiotherapist.

This year the Cancer Society has Team Run For Life that will be running the Vancouver marathon to raise funds and I decided to join the team. As race day approaches I realize the importance of arriving at the start line healthy, injury free and ready to face the challenge. For me it is now time to put theory into practice and I invite you to join me in the journey with tips for Injury prevention along the way.

Tip 1: Know your limit

The number one cause of running injuries is running too much, too soon, too fast. Running places stress on the body. The body can adapt as long as the applied stress is not greater than its capacity to adapt. Systematic training allows the body time to adapt and recover so that it can handle more training demands. If you rush the process you may break down instead of building up. Dramatic changes in training habits in distance, hills, intervals, track work, trail running can all produce problems.

To reduce the possibility of injury:

- Build your weekly mileage by no more than 10 % per week.
- Sign up with a running training group, trainer
- Follow a training plan.
- Keep a detailed running log recording weekly mileage, how you feel after each run identifying patterns.
- Run consistently 3-4 times per week. Include intervals, hills, tempo runs and long slow distance runs.
- Introduce hills, track and intervals slowly.

Every runner has a running threshold. Your threshold may be at 10 miles a week or 100 miles but once you exceed the threshold the possibility of injury increases. Logging your runs helps gauge your personal threshold.

If you would like to join me in participating in this great experience, please SIGN UP for the race at the BMO Vancouver Marathon website (<http://www.bmovanmarathon.ca/register-now/>) and then REGISTER as a runner for the Cancer society at: <http://bit.ly/148oGdj>

-Jacqui SteinbergBScPT, CAFCI



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