

Running Training

TIP # 6



Overuse running injuries are often caused by an overload of the body's anatomical structures (bones, tendons, muscles). Low impact or non weight bearing **cross training** can be very beneficial as it helps decrease the load while one continues to train the cardiovascular and skeletal systems. This can reduce the risk of injury.

In general, runners can supplement 25-30% of their running with cross training.

For cardiovascular fitness, cross train by swimming, cycling, water running, rowing, elliptical, cross country skiing, skating or walking.

Weight training programs can be used to increase strength and improve muscle balance in the muscles required for running.

Cross training should target underutilized muscle groups. Using running muscles in a different way can help decrease imbalances and reduce injury.

- **Plyometrics, skipping and jumping** activities enhance ones push off. Training in this way may reduce the risk of muscle strains.
- **Exercises on the ball** and Bosu help improve stability and proprioception
- **Yoga** helps with balance, flexibility, breathing, posture and strength. This helps improve running form.
- **Water running** mechanically uses the same muscles required for running on land without the impact on the skeleton.

Water Running Classes are available at West Vancouver Aquatic Centre and instructed by Aquatic Centre Physiotherapist - Denise Morbey.

Cross training is useful for times when one is injured. Complete rest is rarely the best treatment. A cross training activity that is not painful or stressful to the injured area is recommended as soon as possible to help decrease recovery time, maintain fitness and allow work of uninjured areas.

If muscles are too sore after running workouts try cross training. The change in activity will allow your running muscles to repair and rebuild. The movement stimulates blood flow that helps remove waste products and hastens healing. One can cross train playing ball sports (soccer, ultimate Frisbee, hockey, racket sports, rugby etc). Be aware that some sports have higher risk of traumatic injury. Assess the risk/ reward of the exercise especially as racetime approaches to avoid being sidelined. Cross training allows for a mental break from the grind of running. It allows one to train more frequently. This is especially helpful for athletes have difficulty taking days of rest. Cross training on the those days allows for "active rest".

-Jacqui SteinbergBScPT, CAFCI

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