

# Runner's Clinic 4

## Topics covered:

- Common injuries (review)
- Joint Strengthening
- MapMyRun.com
- Recovery Techniques
- Stretches

## Injury Prevention-- Joint Training

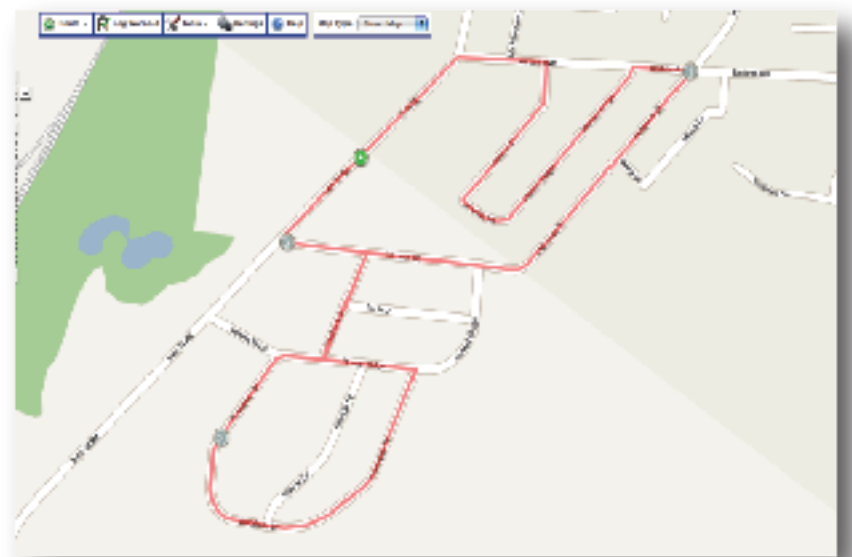
It's no mystery why running is tough on joints. Even the best shoes cannot absorb the impact from solid pavement. This is why physical therapists recommend joint strengthening.

By strengthening the muscles and tendons around your joints, you have more to absorb the shock from impact. Strengthen your quads and hamstrings to prevent knee damage; strengthen dorsiflexors and plantar fascia to prevent ankle damage.

**Suggested Exercises:** Hamstring curls, knee dips, leg lifts, squats, swimming, biking.

## MapMyRun.com

- Find running trails and routes in our area
- Map your own run (calculate distance)
- Learn about local races
- Create a fitness log
- Shown-- Turkey Day course



## R.I.C.E.

65% of runners are injured over the course of a year. It is important to treat an injury immediately. Post-injury runs also require special attention to prevent relapse. Common recovery advice involves the R.I.C.E. system:

- |                         |   |
|-------------------------|---|
| R --Rest/ Active Rest   | Try low-impact cardio, such as the elliptical machine or yoga                           |
| I -- Ice acute injuries | For sprain or fall, ice 10-15 min to reduce swelling. Continue off and on for 24 hours. |
| C -- Compression wrap   | Wrap injury in elastic to reduce swelling. Start lower to higher.                       |
| E -- Elevation          | Allow blood to flow to heart  |

## Race Day Tips

- Consume plenty of carbs and water (see Runner's Notes 2)
- Don't start out too fast-- you should be able to carry a conversation while running
- Mentally break the course into sections (4 mile blocks, for instance)
- Walk when necessary, especially uphill
- Don't forget to enjoy the run!

