BACK ON TRACK
THERAPY AND WELLNESS

# 7 BIGGEST MISTAKES RUNNERS MAKE WHICH LEAD TO INJURIES

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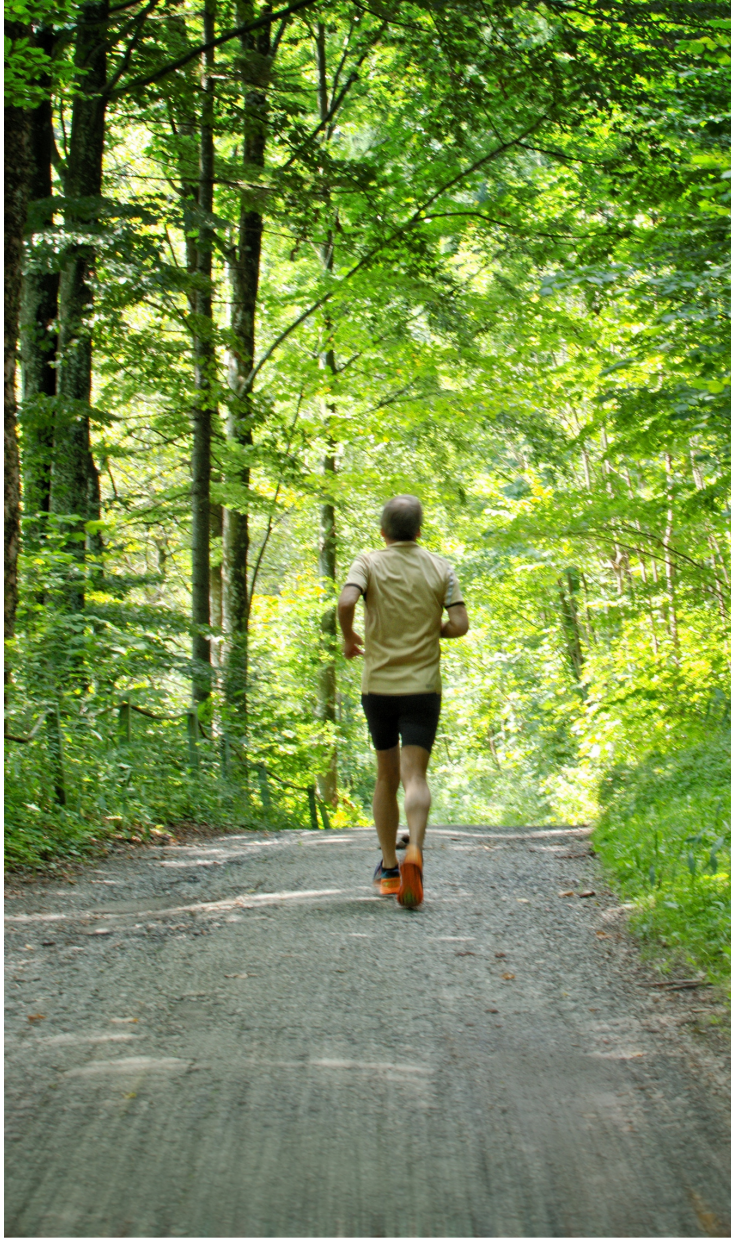
# #1

## RUNNING MORE THAN 3-4 DAYS PER WEEK.

Those who run 6-7 days a week are at a higher risk of injury especially if not taking adequate rest into consideration. It's important that you give your body enough time to recover from the previous workout! If not, you're breaking down muscle and bone without allowing your body time to rebuild!

GIVE YOURSELF A BREAK!



# #2

## FORGETTING TO PLACE REST OR ACTIVE RECOVERY DAYS BETWEEN HARD RUNS! ---->

Running 2-3 days at a high intensity, without rest or active recovery, can lead to breakdown of tissue. The body needs time to heal, especially since running is such a repetitive activity for the body. **See the example of a smarter training plan below!**

| Day of week | M | T | W | R | F | Sa | Su |
|---|---|---|---|---|---|---|---|
| Intensity Level | High | Rest | Moderate | Rest | Moderate | High | Low |

# #3

## RUNNING YEAR ROUND WITHOUT AN "OFF-SEASON".

May add cross-training such as swimming or cycling during this week to maintain cardiovascular fitness.Your body needs this time to recover! Even professional athletes have a short off-season.

YOUR BODY NEEDS TIME TO REBUILD!

# #4

## INCREASING MILEAGE MORE THAN 10% PER WEEK.

This may not apply when mileage is in single digits slow progression should be considered, especially in these early stages. Progressing mileage too quickly can lead to inadequate tissue healing and increased risk of pain or injury. Remember: slow and steady wins the race!

REMEMBER THE RULE OF 10!

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# #5

## IGNORING YOUR BODY

Pain during or after running is not always directly caused by the action of running itself! Many factors can contribute to physical pain. At least once per week, consider how you are treating your body. This can be done by thinking specifically about what you've been eating, how you are managing your stress, and how much sleep you are getting. If you find that you're lacking in any of these areas, consider making permanent changes in your life to improve! Don't underestimate the effect of stress on our body!

# #6

## LEAVING OUT A DYNAMIC WARM-UP!

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One of the biggest mistakes runners make is starting a run without properly warming up! The muscles and nerves need to be ready for the run and are at a higher risk of injury if not done correctly! Watch this video which demonstrates the warm-up that I do before EVERY run!

# #7

## RUNNING THROUGH AN INJURY!

If your pain is limiting your ability to run, exercise or complete daily activities it may be time for you to see a physical therapist. If ignored, minor running injuries can turn into major injuries. A good PT can assess your injury and determine if its safe to continue running and help you return to pain-free running.

## A GOOD PT CAN BE YOUR GREATEST TRAINING ASSET

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