







- 1  **The Running Athlete**
Striding toward Injury Prevention and Training Safety
- 2  **Objectives**
 - Define the Running Athlete
 - Identify common training pitfalls
 - Discuss appropriate training parameters
 - Outline basic injury prevention guidelines
- 3  **The Pediatric Runner**
 - So who is considered a “running” athlete?
 - Cross-Country & Track
 - Soccer? Lacrosse? Field Hockey? Tennis?
 - Injuries
 - *Those with no prior running experience are 2.5-3x more likely to get injured during training*
 - Consider the risks of overtraining and multi-sport involvement
- 4  **Training Pitfalls**
 - 1 Too....
 - 2 • Far
 - Long
 - Often
 - Repetitive
 - Narrow
 - 3 Without proper...
 - 4 • Shoes
 - Clothing
 - Nutrition
 - Hydration
 - Preparation
- 5  **Training Parameters: Overview**
 - Warm-up
 - Appropriate and Specific Training
 - Gradual
 - Varied
 - Specific
 - Cross-Training
 - Strength Training
 - Stretching
 - Technique
 - REST
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- 6  **The Workout**
 - Warm-Up
 - 5-10 minutes
 - Break a light sweat

- Incorporate dynamic stretches
- Cool-Down
 - 5-10 minutes
 - Foam roll
 - Longer static stretches

7 **Training Session Specifics**

- Be Specific and Intentional
- *Gradually* Increase Workload
- Technique Matters
 - Arms & Torso
 - Legs
 - Foot Strike
- Incorporate Variety

8 **Undervalued Components of Runner Training**

- ¹ Strength Training
 - Cross Training
 - In-Season
 - Across Seasons
- ² *REST*

9 **Injury Prevention Practices**

10 **References**

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