

# The Running Athlete

Striding toward Injury Prevention  
and Training Safety

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## Objectives

- Define the Running Athlete
- Identify common training pitfalls
- Discuss appropriate training parameters
- Outline basic injury prevention guidelines

Image: <http://alexloves.com/2013/04/10-tips-for-beginning-runners/>



## 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

## Training Pitfalls

### Too....

- Far
- Long
- Often
- Repetitive
- Narrow

### Without proper...

- Shoes
- Clothing
- Nutrition
- Hydration
- Preparation

## Training Parameters: Overview

- Warm-up
- **Appropriate and Specific Training**
  - Gradual
  - Varied
  - Specific
- Cross-Training
- Strength Training
- Stretching
- Technique
- REST



## The Workout

- Warm-Up
  - 5-10 minutes
  - Break a light sweat
  - Incorporate dynamic stretches
- Cool-Down
  - 5-10 minutes
  - Foam roll
  - Longer static stretches



## Training Session Specifics

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



## Undervalued Components of Runner Training

Strength Training  
Cross Training  
– In-Season  
– Across Seasons



**\*REST\***



## Injury Prevention Practices

### **Gear**

- Shoes
- Clothing



### **Nutrition & Hydration**

### **General Running Tips**

- Running Surface
- Safety
- Fun



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