

5 Physio Tips for Better Running

Distance running can be a surprisingly complicated sport. In this article, we offer some words of wisdom from our physiotherapists to help you get the most out of your training and avoid injuries.

1) CHOOSE YOUR SHOES CAREFULLY

- Repeated stress from running long distances will show up any biomechanical flaws in your body relatively quickly. Choosing the wrong shoes can worsen an existing problem causing pain and injury. Your physiotherapist can guide you on what style of shoe will best suit you.

2) DON'T NEGLECT YOUR UPPER BODY

- While running can appear to be a purely leg based activity, increasing the strength and mobility of your upper body can have a surprisingly large impact on your posture, running style, breathing and overall performance.

3) FIND TIME TO TRAIN STRENGTH AS WELL AS ENDURANCE

- Your body is great at finding ways to compensate for weak muscles, however, overtime this can lead to overuse injuries of tendons and muscles. Identifying any areas of weakness early and specifically strengthening these muscles can both improve your running and help keep you injury-free.

4) PACE YOUR PROGRESS

- Entering an event is a great way to set a specific goal and keep you motivated. While trying to increase distances and speed, it is easy to forget to include rest days as a part of your routine. Your body needs time to recover and restore itself, just as much as the active portions of your training program. Increasing your speed and distances gradually also allows your body to adapt to new demands without breaking down.

5) ENJOY TRAINING AND LISTEN TO YOUR BODY

- Your body will guide you as to when you need to rest and when you can push a little further. Training will be more enjoyable when you are well-rested and pain-free. Most importantly, if you are able to enjoy your runs, this will help you maintain motivation over a longer period of time, so you can continue for many years to come.

Contact your local [clinic](#) to make an [appointment](#) with one of our Physiotherapists to discuss how you can reach your running goals while staying injury-free.

None of the information in this article is a replacement for proper medical advice.

5 Tips for Distance Running

Distance running can be a fun way to challenge yourself, improve your fitness or relieve stress. It can also be the cause of injuries if training is not completed correctly. With further distances, it becomes more and more important to look after your body and ensure you stay fit and healthy for the next run. Below are 5 quick tips to keep those legs ticking over.

1. Always warm-up

Warming up well will not only reduce soreness during your run and reduce your risk of injury, but also improve your performance. It allows time for your muscles, cardiovascular and energy systems to prepare for the training ahead. A good warm-up includes activation, stability, and mobility-based exercises as well as gently increasing your heart rate ready to get stuck into the session.

2. Set a realistic pace and stick to it

Most successful long-distance runners keep a consistent pace for the entire event. This is difficult to do and takes physical and mental training to become good at. Try and run at a pace you can maintain for the entire run rather than burning out early and needing to slow down towards the end. It is crucial to find this pace early in your training so play around with different speeds and see what works for you

3. Allow sufficient recovery time between runs

The body needs time to recover and refuel after any physical activity, especially after demanding tasks such as long runs or hill work. After tough sessions allow at least a day's rest from the same activity. Consider spending the next day cross-

training with swimming in the pool or completing some strength work rather than another run.

4. Ensure adequate hydration, nutrition, and sleep

So important for endurance events which deplete the body of its energy stores and fluids, refueling with a good diet and plenty of H₂O, along with some extra sleep, is the key to an efficient recovery between long runs.

5. Include strength training in your program

Often under-utilised in running training are the benefits of completing specific strengthening exercises to get those legs strong and ready to carry you the distance. Strength training improves running efficiency and speed, and also the ability to maintain good technique. It also reduces your risk of injury (win-win). Exercises include squats, deadlifts and calf raises to name a few. Strength training is best if it is completed in the days after long/tough runs, rather than the days before so that you aren't left with heavy legs during the more difficult runs.

With many long-distance events on the horizon coming out of winter, including the Melbourne Marathon, getting on top of niggles early will also help prevent them from becoming more limiting injuries. A physiotherapist can help you get over the line fit and healthy as well as improve your performance on the day.

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