Training Program

In-Person or Self-Guided

Factors in Running Related Injuries

Summary: **I often say one of your biggest risk for injury is a former injury. If you did not address it properly it will most likely come back.** Running more than 64 km per week can increase the risk of Running Related Injuries (RRIs). However, the specific threshold varies for individuals, so gradually increasing mileage and listening to your body is important. Keeping weekly mileage below 20 miles can reduce the risk of RRIs, especially for beginners or injury-prone individuals. Balancing running frequency is crucial to prevent overuse injuries, as running too often or too infrequently can both increase the risk. Taking 1-3 rest days per week and engaging in low-impact activities like fitness walking can aid recovery and maintain cardiovascular fitness. Running on soft surfaces is advised to reduce the risk of injuries caused by the impact on joints and muscles. Stretching's role in injury prevention is debated, but regular and proper stretching can improve flexibility and minimize the risk of injury while occasional stretching increases the risk of RRIs. Fitness walking during recovery intervals promotes active recovery without excessive strain. Performing strength and conditioning exercises 2-3 times per week enhances running biomechanics, stability, and reduces the risk of injuries. Individual factors such as fitness level, previous injuries, and personal goals should be considered when applying these recommendations.

Running Related Injuries: How to Avoid

The greatest risk factor for running-related injuries is often considered to be overuse or excessive training. Running more than 64 km per week increases the risk of Running Related Injuries (RRIs): While high mileage can potentially increase the risk of injuries, the specific threshold may vary for individuals. It's important to gradually increase mileage and listen to your body to avoid overuse injuries. I often suggest keep running under 20 miles per week. It can be a reasonable guideline for some individuals, particularly beginners or those prone to injuries. However, individual factors such as fitness level, running experience, and injury history should be taken into account.

Previous injury is another significant risk factor for running-related injuries. If you have a history of previous injuries, especially those that haven't fully healed or were not rehabilitated properly, you may be more prone to developing new injuries or experiencing recurrent issues while running. These can include compensatory movements, altered mechanics, or weakened structures that increase the risk of further injury. It's important to address and fully recover from previous injuries before resuming intense or regular running activities.

Running too many times per week and running only once a week increases the risk of RRIs: Balancing your running frequency is crucial to prevent overuse injuries. While running too frequently without proper rest can increase the risk, running infrequently may also lead to deconditioning. Finding an optimal balance and incorporating rest days is important for injury prevention.

Take 1-3 days off per week and do Fitness Walking, Exercise Machine, or Just Rest: Rest days are essential for recovery and injury prevention. Taking 1-3 days off per week and engaging in low-impact activities like fitness walking or using exercise machines can help maintain cardiovascular fitness while reducing the impact on joints and muscles.

Running on a hard surface increases the risk of injuries, so it is advised to train on a soft surface: Running on hard surfaces like concrete can potentially increase the impact on joints and muscles, leading to a higher risk of injuries. Opting for softer surfaces such as grass or a track can provide better shock absorption and reduce the strain on your body.

Stretching can have mixed opinions regarding injury prevention, but occasional stretching increases the risk of RRIs: The benefits of stretching for injury prevention are still a topic of debate. While some studies suggest that stretching may not directly prevent injuries, it can help improve flexibility and range of motion. If you choose to stretch, it's important to do so regularly and properly to minimize the risk of injury.

Do fitness walking during recovery intervals: Incorporating fitness walking during recovery intervals can be a low-impact way to maintain active recovery between running sessions. It helps promote blood flow and aids in the recovery process while avoiding excessive strain on the body.

Perform strength and conditioning exercises 2-3 days per week: Strength and conditioning exercises are valuable for improving muscular strength, stability, and overall performance. Engaging in such exercises twice a week can help enhance running biomechanics, prevent imbalances, and reduce the risk of injuries.

It's important to note that individual factors, such as fitness level, previous injuries, and personal goals, can significantly impact the appropriateness of these recommendations.

Preventing running-related injuries using evidence-based online advice: the design of a randomised-controlled trial