

Running Tips

Training

- Dynamic Warm Up 10-15 minutes prior to running (See Dynamic Warm Up)
- Cool down and stretch 5-10 minutes after running
- Allow yourself 2-3 rest/cross training days per week (Non HIIT or Leg Specific Workouts)
- Run with a buddy or running club for extra motivation and experience
- Progressively increase race distance incrementally i.e. 5k to 10k to half marathon etc.
- Consult a sports medicine DPM before converting to barefoot running or altering your gait
- Treadmill to outside running is not a 1:1 ratio (running outside exertion is higher). DO NOT elevate the treadmill above 1% grade as this can cause stress and strain on the knee and ankles. Our recommended adjustments are to, subtract 15-20% from your treadmill time/distance to match the stress of an outdoor run. Conversely, add 20% to your outside time/distance to match the running stress on the treadmill run.

Shoes and Apparel

- Buying running shoes should not be a difficult task. Research has shown that shoes purchased for running should be based on comfort first. Two weeks of testing the shoe should give you the best response of whether the shoe is a “good shoe” for you.
- The only studies that show that shoes can impact injury rates are based on the number of shoes that you run in during the season. The suggestions are to run in two pairs of shoes that are of different brands to be less “brand dependent.” This avoids stockpiling shoes and also reduces the anxiety of when shoe models change from season to season.
- Replacement of shoes can vary with make and model. Ask your shoe retailer for recommendations or a Shoe Guru for estimates. Common mileage suggestions are 300-400 miles per shoe. Tracking can be done on Strava or smart watches for accuracy. DO NOT wait until pain starts to then switch shoes out.
- DO NOT purchase new items at the EXPO or Store to wear the day of the race. New items that have not been used during training can cause chafing or blistering and can make the race miserable
- Wear proper attire for weather conditions i.e. dry fit, hat, gloves, sunscreen when necessary
- Wear socks with a synthetic makeup to avoid blisters. 100% cotton socks will cause blisters

Health & Nutrition

- Women who wear heels should focus on calf stretches pre and post run to reduce calf tightness
- Listen to your body, DO NOT run through pain!!
- If pain lasts beyond 72 hours without resolution seek medical attention
- HYDRATE! At least 64 oz. of water per day
- Maintain a balanced diet. Consult a dietician, nutritionist, or other nutrition professional for advice on dietary changes.