

# Running Injury Free

by Joe Ellis (1994)

Only increase weekly mileage 10% and start back after an injury no more than 50% of what you were previously doing. All pains are warning signs and need to be recognized and heeded. Do not increase speed and distance training at the same time. Your foot strikes the ground with a force of 5x your body weight. It's tough to provide shock absorption and stability at the same time. Most shoes wear out after 500 miles (some less).

Injuries usually have redness, swelling, pain and diminished function. Use rest, ice, compression and elevation (RICE). Avoid doctor's who suggest surgery after only one visit. A chiropractor restores mobility and the physical therapist restores strength and function. Avoid pain killers – find out what caused the pain and avoid that. Running on the beach is soft, but it causes you to work harder since it returns no energy. Gravel or asphalt surfaces are better than concrete. Also avoid cambers (side slope).

Stretch after your runs (or at least after warming up). Pay special attention to knee injuries. See a doctor if injury persists longer than two weeks. Take a little time to recover early on or more time later (try walking). It takes 100 calories to run or walk a mile. Wait 3 months after an injury before a 10k race (6 months before half marathon). After any good workout or race keep walking until your heart rate drops to 120.