



RECIPE:

Running Injury Prevention



1 servings



ongoing

INGREDIENTS

- Understand mechanical stress
- Dynamic warm-up
- Mobility & stretching
- Strength workouts
- Good shoes
- Good running form
- Good nutrition & Sleep

DIRECTIONS

1. **Learn:** Understand tissue adaptation and how the body adapts to mechanical stress.
2. **Warm-up:** Incorporate a dynamic warm-up and running drills on days when you are performing a speed, tempo, or hill running workout.
3. **Mobilize:** Use a foam roller, mobility ball, or roller stick to mobilize your muscles.
4. **Strengthen:** Perform heavy resistance or high intensity interval training 2-3 times per week.
5. **Footwear:** Choose running shoes that are comfortable and align with your goals and injuries.
6. **Form:** Focus on good running form - include light footfall and cadence between 170-190 steps per minute
7. **Eat Well:** Run Fast. Eat Slow!
8. **Sleep well:** Adjust training as needed to accommodate for rest.
9. **Listen** to your body!



Exercises

Perform 2-3 times per week
2-3 sets of 10-20 reps of each exercise

1. Single leg heel raises



2. Lunge to high knee



3. Single leg RDL



4. Plank



5. Single leg bridge



6. Squats



7. Copenhagen's (adductor)



8. Lateral band walks



9. Side plank



10. Single leg squat



scan to watch



make it a:

HIIT Workout

Perform 1-2 times per week

Set 1 (45s on, 15s off)

Lunge Into high knee with hop

plank walk out into a push-up,
then back up

skater hops (side-to-side)

mountain climbers

squat jumps

Set 2 (45s on, 15s off)

4 shoulder taps, 4 plank jacks

alternating lunge step backs

jumping jacks (band at ankles)

side-to-side star plank

burpees

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make it a:

HEAVY Workout

Perform 1-2 times per week
3 sets of 6 reps of each exercise
Work up to weight that is 60% of 1 rep max

1. Walking lunge into high knee with unilateral weight



2. Single leg RDL with weight



3. Side plank with rotation using weight



4. Hip thrust with weight



5. Squats with weight



6. Weighted step-ups



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