

# FROM THE SOLE

Tips to keep you running at your best



# intraining

running injury clinic

Podiatry

Physiotherapy

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Massage

Pilates

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# TRAINING PERIODISATION

Not even elite athletes train at maximum effort all the time – they factor in easy sessions and even easy weeks to gain optimum conditioning. True benefits are only realised if we periodise our training to allow time for our body to recover, rebuild and adapt following the stress of a work out. This not only helps with performance, but also can reduce your risk of injury.

Here are a few periodization tips:

**Mix it up** - In addition to hard workouts, always include easy/recovery or rest sessions each week.

**Break it up** - Your training should consist of phases (multiple week blocks). The length of the phases will vary based on the duration of your program and focus of the training phase. The phases should include:

-**Building**: relatively low intensity and building volume to improve base aerobic fitness and strength.

-**Strength**: focus on strength, race pace and high intensity (with sufficient recovery) to continue building fitness.

-**Competitive Phase**: focus on race pace and high intensity with lower volume. Include training races to mimic race day.

- **Recovery Phase** – low intensity, plenty of rest and cross training.

**Listen up** - Following a well-designed, personalised plan can make the difference between success and failure. It's easy to want to overdo it and perform too many hard sessions in a week, however this inevitably leads to injury or overtraining - both of which will hamper your performance.



For more training advice, or to have a personalised training plan developed for you, contact the team at intraining running injury clinic on 07 3367 3088.

By Emily Donker (Podiatrist, Level 2 Coach, Runner & Triathlete)

## KIDS

Between the ages of seven & about sixteen, children may complain of sore heels, shins, knees, and occasionally hips. Each of these locations have a growth plate with associated tendons or areas of high loading. Sports involving running, jumping and kicking, can irritate the area and lead to ongoing pain.

With our busy lives it can be easy to brush off children's complaints as "growing pains", and think that we'll see how they are the next day. The problem is that often the children who experience these pains are highly active in sport, and learn to put up with the pain until it's much more of an issue. Limping is an obvious sign that the growing pain has turned into a more serious injury. Ideally, you want to avoid this as the child is more likely to need extended time off from their sport.

If they do start to develop pain, have them ice the area of discomfort, reduce your child's activity for a few days or over the weekend, and check their shoes. If the pain continues, then bring them to one of the intraining podiatrists or physiotherapist to review the injury and help create a treatment and management plan. The intraining team are experienced at treating these injuries and helping

## KIDS, SPORT AND GROWING PAINS

creating a program to help your child return to running and their sports.

Footwear plays an important part in reducing the pain. Children and teenagers have often come to the clinic with very worn shoes, shoes that are too large, or shoes that are not laced correctly. The extra length or space in the shoe can allow too much movement of the foot causing the muscles and tendons to over work. As tedious as it is, children and teenagers need to re-learn to lace their shoes firmly, and to check their heel is fitting snugly to the back of the shoe. At the intraining kids running group, stretching time is also relacing shoe time.

If you are not sure how to respond to your child's complaints, pop into the intraining store and have a chat with the staff members. They can begin by assessing the shoes, and can also direct you to the clinic if necessary.



By Margot Manning (Podiatrist & Coach)

## DIETITIAN

What we eat is important for our digestive system. A healthy digestive system is important for bowel health and a healthy immune system. Most people have heard of probiotics (most well known in supplements or yoghurt). Probiotics contain live healthy bacteria that can help to keep our digestive system in good order. But what about **prebiotics**?

**Prebiotics** occur naturally in certain foods and provide fuel for the probiotics to feed on. Foods that contain **prebiotics** include wheat, oats, rye, barley, onions, legumes, and bananas. (Just ripe bananas are higher in **prebiotics** than very ripe bananas). Eating a variety of healthy foods can therefore help maintain the correct balance of these healthy bacteria in our digestive system.

Bananas are a favourite amongst runners, and for good reason- they offer many nutritional benefits. Bananas are a source of carbohydrate (an important fuel for running), contain potassium (an electrolyte important for the heart, muscles and nerves), as well as vitamin C and B vitamins.

The ideal post-run recovery meal should provide the body with carbohydrate to refuel glycogen stores, and protein for muscle synthesis and repair. A bowl of oats topped with yoghurt (containing live cultures) and sliced banana fits the bill and also contains both **prebiotics** and probiotics.



By Liz Lovering (Dietitian & Coach)

## FUN FACT

**A shorter leg and a re-occurring ankle sprain.**

**Recently a young athletic patient presented with the dilemma of continually rolling one ankle. The foot had reasonably normal range of movement, the patient was co-ordinated, but landed in a supinated position on one foot more than the other. Closer examination showed the patient to have a considerable leg length difference. To compensate for this difference while running, the shorter leg would land in a position that compromised the ability for the ankle to stay stable. Fatigue and minor terrain changes cause the ankle to roll more easily.**

## A CASE STUDY



**BALANCE, CORE & SPORTS REHAB STUDIO**

33 Park Road, Milton

Call or email to book an appointment

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# PODIATRIST

## GROWING PAINS AND STRETCHING

Ankle and knee pain is fairly common between the ages of 7-16 and some of it can be attributed to 'growing pains'. During these developmental years, our skeleton increases in height in bursts, however muscles and tendons can be slow to lengthen and catch up. This results in the muscles and tendons being placed under increased tension which can cause pain and discomfort in the muscle and their attachment points on the bone.

The treatment and prevention for these injuries is similar, and in part, involves stretching the muscle to encourage it to lengthen. Stretching is most effective following exercise when the muscle and tendon has been warmed up. The following stretches are a couple of suggested examples (for something tailored to your needs please contact intraining running injury clinic).

At intraining's Balance, Core & Sports Rehab studio we offer the 'Core for Kids' class which aims to improve flexibility, coordination and strength in kids through to teenagers. This is a fun program which may be useful for preventing injury and improving ability and confidence in sport.

If your child has developed a growth related injury, you are interested in the 'Core for Kids' program, contact the clinic on **3367 3088** to make an appointment.



Calf muscle stretch – stand with one leg back and heel flat on the ground. Hold for 30 seconds.



Hamstring muscle stretch – use a towel to pull your leg upwards. Hold 30 seconds.

By Doug James (Physiotherapist & Podiatrist)

## LIMB LENGTH DIFFERENCE

There are many causes of injury with overtraining being the most significant. In many cases there is an underlying biomechanical factor that contributes to the risk of an injury. These factors can lower the threshold of training that can be done before injury strikes.

One of these factors is a difference between the length of one leg and the other. When a runner comes in to see us at the clinic with an injury our goal is to identify the mechanism of action that could have led to that injury. It is not enough to diagnose the injury and the tissue affected. In order to choose the correct intervention we must know the potential causes of the injury as well. While symptomatic treatment of the symptoms is important, if we do not change the risk factors then the injury will just continue to reoccur.



A difference in leg length can be structural with an actual difference in the length of the long bones or it can be functional where asymmetry in the function of one side of the body affects the leg length. Structural differences may just be developmental where one leg stopped growing sooner than the other. They can also be caused by trauma such as a fractured leg or osteoarthritis in a joint. Functional differences are often caused by poor core stability on one side. They can also be caused by asymmetry in pronation between the feet, scoliosis or just a difference in foot strike and function. It is critical to identify whether the leg length ...

[READ FULL ARTICLE](#)

By Steve Manning (Podiatrist & Coach)

# RACING



## LACING & RACING

The racing season is well on it's way with fun runs most weekend, and school cross country meets most weeks. As a coach, podiatrist, and racing enthusiast\*, I am very particular as to how a shoe should be raced before a race, speed training, and even before kids play at lunch time. There is nothing worse than developing an injury from not tying your laces properly or more embarrassing still... tripping over them. Here is a mental checklist I use, and teach to both the kids I coach & see as patients.

**Do:** start lacing from the holes closest to the toes, and move down the foot tying each loop firmly

**Don't:** just pull the lace tail ends and leave loose, loopy lacing over the middle of the foot

**Do:** change the lacing pattern to take the pressure off bunions, boney bumps and high arches.

**Don't:** create a fancy lace pattern just to look cool (teens & pre-teens)



**Do:** tap the heel of the foot into the heel of the shoe, BEFORE lacing

**Don't:** tie your shoe up with the foot on a chair close to your bottom (there are ways for the stiff and aging)



**Do:** TRIPLE knot your laces before the start of a race

**Don't:**... forget to check your laces... even in a crowded start

**Do:** Tie your timing chip to avoid unwanted pressure on the foot.

**For KIDS: loose laces are for the classroom... tight laces are for the playground**

By Margot Manning (Podiatrist & Coach)

# COACHING TIP



## TRAINING PRINCIPLES VS TRAINING THEORY.

There are many different training theories to get you to your goal. Some ways of training suit some people while other training philosophies suit different runners. There is no one way of training that is the best for every runner. Some runners perform better on more mileage while other runners do better with more intensity. The trick is figuring out what works best for you.

While there are different training theories there are also some basic training principles that apply to everyone.

**Principle of Overload:** In order for your body to adapt and be able to perform at a new level you must stress your body beyond its current capacity.

**Principle of Recovery:** Improvements in running capacity only occur while recovering from hard training. If the training is too hard or you have inadequate recovery then you will get no benefit from training hard.

**Principle of Specificity:** In order to cope with the specific demands of the race you should simulate them in training. That means training on the flat for a flat race and on hills for a hilly race. It also means long runs for long races and more intensity for shorter races.

Training theories must work within these training principles. However the amount of training you do with regards to frequency, intensity, quantity and recovery can vary considerably.

By Steve Manning (Podiatrist & Coach)