

FROM THE SOLE

Tips to keep you running at your best



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BREATHING TECHNIQUE FOR RUNNERS

By Doug James
intraining physiotherapist and podiatrist

A commonly asked question amongst new runners is 'how am I supposed to breathe while running?' This is usually asked because breathing is often the limiting factor to being able to run further or faster. Firstly, breathing should become easier once your running fitness has developed (through improved lung function and more red blood cells) – though this usually takes about 3 months of regularly training (for 30 minutes or more, 3 times per week). Correct technique can also help make running more comfortable and improve your performance, try the following tips during easy to moderate paced training runs:

- Use your diaphragm– this involves pushing your stomach out to more fully expand your lungs. Pausing slightly once you have fully inhaled helps to get oxygen to more parts of your lungs.
- Time your breathing for your pace – if running at a comfortable pace aim to breathe in for 3-4 steps, then breathe out for the same time. As your pace or effort (eg during hills) increases so will your breathing rate (up to 1 breath in/out per step for sprinting).
- Don't hunch your shoulders – avoid using muscles above your collar bone as this prevents you using your diaphragm as effectively.

The above tips can help guide you to better breathing techniques while running. If you require further advice on technique, **book to see an intraining Physiotherapist on 3367 3088.**

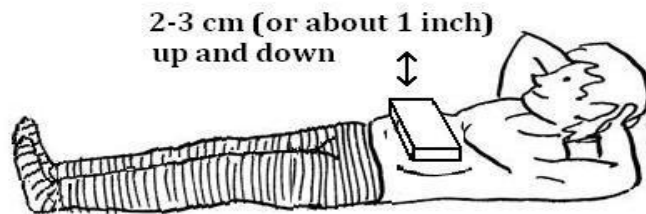


STRENGTH EXERCISE: Improve your breathing

By Doug James
intraining physiotherapist and podiatrist

Learning correct breathing technique help improve your running performance, while making it more comfortable. Following the tips above will help, but additional training may be necessary.

Exercise 2: While laying on your back place a large book or small weight on your stomach. Using diaphragmatic breathing (pushing your belly button up while breathing in) try to push the book upwards, pause for a moment then slowly breathe out. Repeat 10 times for 3 sets. (Take a couple of normal breaths if you start feeling dizzy.)



www.NormalBreathing.com

THIRSTY WORK

By Liz Lovering,
sports dietitian, runner, coach and chef

Now the weather is warming up it's important to consider your fluid needs.

Fluid losses from sweat are very individual and several factors affect how much fluid we need including genetics, size, environment (a hot Queensland summer day vs a cool winter morning), exercise intensity and fitness levels.

Water is great for general hydration and short low intensity runs, but for those more intense sessions or long runs in hot conditions, sports drinks (or electrolyte replacement formulas) provide fluid and important electrolytes. Electrolyte replacement (especially sodium) is particularly important when running in the heat, or if you are a salty sweater (white residue on face and running gear). Sports drinks have the added benefit of providing carbohydrates which can help you meet your fuelling goals. You should ensure you start a run well hydrated and (depending on session length and conditions) consider taking on fluids during a run by stopping at bubblers or carrying some with you.

Rehydrating after a run is also important. If you struggle to eat solid foods after running, a milk drink can help the recovery process. It provides fluid, contains electrolytes such as sodium, has protein to help repair any muscle damage and a little carbohydrate (in the form of lactose). Consuming a flavoured milk can provide you with additional carbohydrate which can assist you in meeting your refuelling targets.

Tip – on a hot day freeze a flavoured milk and take it to training so that after the session you have an icy cold drink when you need it most. My favourite is chocolate!



FOOTWEAR CHECK FOR KIDS:

As the end of the year nears and organised sport has finished, swimming and beach time begins. Kids shoes may not be fitting as well, or starting to wear out, they are playing barefoot more frequently and they may begin to complain about sore heels again.

Take a moment to check their shoes. It is rare for a child's running shoe to last more than 6 months, particularly if they have been using it at school as well as at their sporting activities. Even if the shoes appear to be in one piece, there may be signs that the cushioning has deteriorated and no longer able to protect their feet and legs.

These include:

- Scuffing and rounding of the cushioning at the edges along the front and big toe side of the shoe,
- Scuffing along cushioning at the heel edge of the shoe
- Rips and tears in the upper material
- Very soft, pliable and bendy shoes. (see the dead shoe test)
- Your child develops black or discoloured toenails, and callousing on their feet.

If your kids shoes or feet are showing any of the above tell-tale signs, then it is important to replace the shoes before injury may occur. This is frustrating so close to the end of the year, but can make a difference to their ability to play happily over the summer and not complain as much about the pain.

Those children who do Little Athletics in spikes, nippers at the beach and triathlons are going to be more vulnerable to heel pain, simply because of the increased forces and loading patterns on the Achilles tendon where it attaches to the heel. Addressing any niggles early with the usual management of ice, massage, and footwear modification is needed to avoid a painful summer of play.



By Margot Manning
intraining podiatrist and coach

SUMMER FUN RUNNING

The official road racing season of major events has come to the end. Many people hang up their shoes and stop running over the summer to avoid training through the heat. They also need a 'mental' break from the routine of early mornings or even just the commitment to regular training and working towards a specific goal. It is a huge achievement by any runner to fit in the training and racing around busy schedules, work and family life and a down time is certainly needed.

However, rather than stopping altogether, runner's should create a shift in focus from running for times at speedwork, or running long distance to 'fun running'. This may mean doing shorter reps over distances that you may not usually run; taking the focus off time to concentrate on form work and running drills; hitting the trails with a change of scenery and where it is cooler; or trying a different sport like triathlon. Setting a few goals along the way is still important to maintain motivation but these should be different and less intense.

The physical benefits of shorter speedwork or trail also create a variation in the movement patterning of the joints, muscles and tendons which our bodies become accustomed to with road running. By changing the direction of movement or increasing the range of movement, physical strength is developed which can have a positive impact when starting running in the next season in the new year.

The off season period is the ideal time to improve your running technique with running drills. Plyometric's has increased physical demands which is easier to recover from when not also trying to recover from higher mileage or long speed sessions. Take the time to refresh this summer, with a lighter routine and a new focus on running with friends where you can chat happily without a worry, or even glancing at your GPS.



By Margot Manning
intraining podiatrist and coach

RUNNING FORM WORKSHOPS

December 3rd 2016 & February 2017

COST: \$30
(intraining Club members \$25)

Running form is useful for:

- being lighter on your feet
- refocusing when tired
- regaining strength & co-ordination after injury
- improving running strength
- learning about running biomechanics

Want to run like an Olympian?

- Learn to be lighter on your feet
- Reduce race fatigue & focus on form

Returning from injury or time out from running?

- Retrain your body for strength and co-ordination

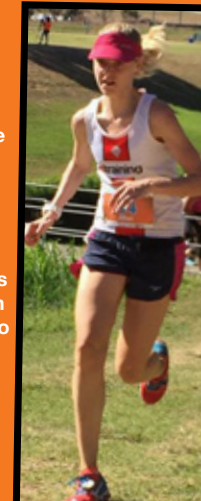
Keen to develop strength and power to improve speed and to reduce injury?

- Learn how to combine running form drills with your training

RUNNING LIGHTER ON YOUR FEET

Pounding the pavement does not refer to the forces you exert or the sound you make when running. For some runners this might actually be the case, but ideally, foot strike should be relatively noiseless. The sound your feet make as they land on the ground can be a cue of excessive forces on your body. Not only can this hinder your speed, but it can increase the risk of injury. Ideally foot strike noise should be minimal. If you are a 'noisy', then it is time to check if you are in the correct style of running shoes, or to think about altering your running form.

At the intraining Running Form Workshop on December 3rd, this will be a topic of discussion with a series of drills demonstrated to help practice the art of running lighter on your feet.



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