

FROM  
THE

JANUARY 2018

# SOLE

*Tips to keep you running at your best*



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# IS YOUR CHILD RUNNING TOO HARD TOO SOON?

by Steve Manning - intraining  
podiatrist, coach and runner

It is very easy as parents to live vicariously through our children's performances. It is tempting to think that it is a reflection on our parenting. The reality is that kids will often do the best in the long term if we get out of their way and just support them with whatever they want to do. By exerting overt or subtle pressure on them we can spoil their love of running and drive them away from reaching for their potential.

***“Children who are winning nationals in grade 4 when they first compete, often no longer participate by grade 12”***

However, short-term results are often what we are excited about as athletes and parents. It takes patience and planning to be the best we can be at the right time. The journey towards long term excellence is often overlooked by early developers and burnt out over trainers.

### WINNING AT AN EARLY AGE?

The developmental age for children can vary extensively. In general girls mature earlier than boys, but within a gender the variance can be many years. Early developers gain a confidence boost by easily beating late developers at the outset. However in the long run there is evidence suggesting it is physically better to develop as late as possible. Children who are winning nationals in grade 4 when they first compete, often no longer participate by grade 12. This early success can cause complacency and frustration when later developers start to catch up. On the flip side, those who develop late and lose frequently can help psychologically as they learn to deal with losing – ultimately building resilience and persistence.

In my experience as a running coach, I believe training hard at a young age is not beneficial to a

child's long term development as a distance runner. However, I can accept that training hard in upper primary school may be of value if a child is trying to attain a sporting scholarship for high school.

A word of caution here as this may well be at the cost of their long term success and enjoyment of running, but may have the potential to save parents thousands of dollars in tuition fees. This is a value judgement that the parent and child must make. Make sure your children enjoy running from an early age, there is a plenty of time to 'win' as life progresses.

### MY TOP 10 TIPS FOR YOUNG RUNNERS AND THEIR PARENTS:

1. Let children learn to love running by running easy.
2. The child, not the parent, should decide how far they want to run and race.
3. Do no more than two speed sessions a week.
4. Do not specialise in running until after physical maturity – do other sports.
5. Keep working on technique during growth phases.
6. Treat niggles like an injury and take partial rest when needed.
7. Have a long term plan of gradual progression of sessions per week, average weekly distance and long run distance from age 10 to full physical maturity.
8. Do not discuss “following a good diet” with kids until they have achieved full physical maturity and for girls after commencing menstruation.
9. Aim to be running at their best and training hard only in late high school.
10. A lifetime of running is more important than childhood success.



# KEEP YOUR KIDS FEET SECURE. 3 KEY LACING TIPS YOU NEED TO KNOW

by Margot Manning intraining  
podiatrist and running coach  
(children & adults)

School term has started and your children are likely to be already playing a lot of sport or even just running hard in the playground. Making sure their shoes fit well is extremely important because a loose fitting shoe can contribute to heel pain or other growth related injuries. Once the pain starts in the heel, it can take a long time to recover and can be limiting to your child's involvement in their sports.

Learning to tie shoes well can make a big difference to keeping their foot secure in the shoe and to reduce the chance of developing pain.

Below are 3 quick tips which I like to teach the kids that I coach or who I see as patients at the intraining Running Injury Clinic when they come in for heel pain problems:

## 3 KEY LACING TIPS YOU NEED TO KNOW

- ☒ *Tip #1: Tap the heel of the foot into the back (heel counter) of the shoe BEFORE lacing. This keeps the heel snugly at the back of the shoe and reduces slipping.*
- ☒ *Tip #2: Start lacing from the eyelets closest to the toes, and work your way up the foot securing the lace firmly.*  
*Note: Don't just pull the lace tail ends. Ensure you tighten each eyelet loop equally to ensure the foot does not move inside the shoe.*
- ☒ *Tip #3: Retie shoes before going out for lunch. Teach your children that loose laces are for the classroom and tight laces are for the playground because they can run faster, for longer and less likely to get sore feet.*

If your child is starting to experience niggles or has sore feet, book in to see one of our podiatry and physiotherapy team members. Our team are experienced in adolescent injuries related to running and active children. We will have your children smiling and back to activity, injury free.

To make a booking contact the intraining Running Injury Clinic on 33673088 or email: [clinic@intraining.com.au](mailto:clinic@intraining.com.au)



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# SUMMER HYDRATION – WHEN WATER IS NOT ENOUGH

by Liz Lovering - intraining sports dietitian, runner, chef and coach

Adequate hydration is particularly important in the Queensland summer. Pay attention to your everyday fluid intake to make sure you are not dehydrated. Urine colour can be used as a general guide, with a pale straw or clear colour indicating you are hydrated, (although bear in mind that multivitamins can affect the colour of urine too).

Water is great for general hydration and for shorter low intensity runs, but 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). Electrolytes can be found in foods, and so a meal eaten after a run can help provide electrolytes. But they are also found in sports drinks or in low/no carb electrolyte replacement formulas (useful if you don't want or need the addition of carbohydrate for shorter low intensity runs). Electrolytes can be bought as tablets to swallow or chew, or dissolvable tablets and powders to add to your water bottle.

## LIZ'S TOP 5 TIPS TO KEEP YOU HYDRATED

1. Drink fluid before you start your run.
2. Take in fluids during the run. Either run a route that has water bubblers or take fluids with you
3. Get an idea of your fluid losses by weighing yourself before and after a run. Then replace 125-150% of fluid losses in the 4-6 hours after a run. E.g. if you weigh 1 kg less after a run, replace 1.25-1.5L fluid
4. Include electrolytes! Sports drinks and electrolyte replacement formulas are useful to take before, during and after a run. Post run foods can help replace electrolytes too.
5. Freeze a drink and take it out of the freezer before your run, on return you have a refreshing slushi

intraining Running Centre have an extensive range of electrolyte and hydration products available to help keep you hydrated and happy during the summer months.



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# HEEL PAIN

By Emily Donker (podiatrist, coach, triathlete)

Injuries aren't always caused by running, even if that's when you feel the most pain. Your everyday lifestyle and footwear (or lack thereof) contributes significantly to injury risk. Unfortunately, many people (both runners and non-runners) develop heel pain during their down time, particularly during the hot summer months when wearing thongs and being barefoot becomes almost second nature for many Australians.

When barefoot or wearing unsupportive footwear (including thongs, slides, ballet flats and many other casual shoes), the soft tissue structures within your feet and lower limbs work much harder to maintain good foot position and dampen impact forces, because there is no help from footwear.

Think about a typical day. How much time you spend wearing your running shoes or supportive shoes vs unsupportive shoes or barefoot. Balancing this to suit your foot type and strength is important in managing and preventing injuries, particularly heel pain.

Many injuries cause heel pain, with Plantar Fasciopathy, Achilles injuries and fat pad injuries being the most prevalent. Each of these injuries affects a different region of the heel, so can usually be differentiated by determining the primary source of pain.

Plantar Fasciitis is one of the most common complaints addressed by Podiatrists amongst both runners and everyday individuals. Fasciitis refers to an acute presentation, whereas Fasciosis refers to more chronic pain. Pain is typically localised to the medial plantar heel (inside of the heel) at the insertion of the plantar fascia, and sometimes also extends through the medial (inside) arch of the foot. Although the plantar fascia is a soft tissue structure, it's very inflexible and is responsible for containing the muscles of the foot, maintaining arch integrity and stabilising the foot during both stance and gait. The plantar fascia can quite easily

become strained and overworked if your footwear is offering insufficient support, because

the plantar fascia is working much harder to maintain it's function.

Plantar Fasciitis and Fasciosis respond very positively to wearing supportive footwear. Your shoes should offer a more structured arch contour and more rigidity through the midfoot. They don't need to be over-controlling, but more rigidity will help to prevent excessive arch collapse and movement through the midfoot. Arch contour can also be beneficial for providing more proprioceptive feedback (sensitivity to foot position). Supportive thongs and enclosed shoes with an arch contouring insole are more ideal options, whilst sometimes the addition of a specific orthotic or more supportive insole will be necessary for more support.

Posterior heel pain (back of the heel) is most commonly caused by Achilles Tendinopathy and related injuries such as Achilles Bursitis. Tendinopathy is a generalised term encompassing both acute (Tendonitis) and chronic (Tendinosis) pain. Pain may affect the mid-portion of the

tendon and/or the tendon insertion lower on the back of the heel bone. Symptoms, including the type of pain and palpable feel of the tendon, vary between these injury presentations. The Achilles is a common tendon for the calf muscles, and is responsible for pointing the toes and pushing off the ground during walking and running gait.

