

FROM THE SOLE

Tips to keep you running at your best



intraining

running injury clinic

Podiatry

Physiotherapy

Dietitian

Massage

Pilates

33 Park Road, Milton
ph: 07 3367 3088
sales@intraining.com.au

Indooroopilly Shopping Centre
ph: 07 3378 5588
indro@intraining.com.au

PRE-RACE FOOT TUNE UP

By Doug James
intraining physiotherapist and podiatrist

Through the course of your running training, your feet may inevitably look a little worse for wear. Hard skin commonly forms around the big toe joint, tips of toes, and your heels as a result of wear and tear when running. Corns (painful areas of hard skin), and in-grown toe nails are also regularly seen in distance runners.

While these things may be a 'badge of honour' for some, they can become quite painful and may even hamper your training and race performance as it's not unusual for blisters to suddenly appear mid-race. Running with blisters can be an awful experience, and one that is likely to be detrimental to the race you've been preparing months for. Blisters can form due to the hardened callous skin rubbing on the softer skin layer below, and is more likely if you are running faster and/or further than usual (ie race conditions).

With a number of fun runs and races

approaching, now is the ideal time to have your feet treated. The podiatrists at intraining can prepare your feet for race day - helping to reduce callous, corns and nail issues – while also offering tips on how best to prevent blisters on race day.



RACING IN NEW SHOES

How late is too late to change shoes before a big race? There are no hard and fast rules, but essentially it's never too late. And besides, rules are made to be broken aren't they?

Rule 1: If it's not broken, don't fix it

Whilst old shoes are comfortable and familiar, they're tired from all the training you've done! Shoes lose cushioning, and responsiveness as they age, and the older your shoes are, the greater your injury risk. You may have forgotten how good a new pair of shoes can feel to run in! You'll know as soon as you do that your old shoes are ready for the garden.

Rule 2: Don't try anything new on race day

Running in brand new shoes on race day is not recommended, but it has been done many times before. The cushioning materials used to manufacture shoes these days are fantastic. Your shoes should be comfortable right from the get go, and you shouldn't need to wear them in at all.

However, it's still recommended that you run in new shoes a couple of times during training prior to race day. Ideally you want to purchase new shoes a couple of weeks prior to race day, and run in them a few times. If you're running in a different type/style of shoe compared to what you're used to, it can take a couple of runs to get used to a different feeling.

Running in a more relaxed and controlled environment means you have the time and ability to deal with potential issues, should they arise. Doing some longer running

as well as some faster speed/tempo efforts in these shoes during training will ensure that the shoes will be comfortable and suitable for your race.



By Emily Donker
intraining podiatrist and coach

EVENT FUELLING

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

A key fuel for exercise especially when running at a high intensity (i.e. racing) is carbohydrate. The body metabolises carbohydrate into glucose which is either used immediately or stored as glycogen in the liver and muscles until required for use. As the body cannot store unlimited amounts, runners need to ensure they have adequate fuel available for the event they are doing.

Event fuelling must be practised in training to assess individual tolerance. This includes the pre-event meal, and any nutrition taken in during the event such as carbohydrate gels, sports confectionary e.g. Gu Chews and/or sports drinks. You must also consider fluids. For general hydration water or electrolyte drinks are a good choice. Sports drinks can be useful as they contain carbohydrates and fluid.

Although there is no one 'best' food to have pre-event, type and timing is important. Everyone is different in what they prefer to have before running due to what they feel sits comfortably in their stomach. In general, your pre-event meal or snack should be rich in carbohydrate, low in fibre, (important if you have issues with gut upset or nerves), easy to digest (higher fat foods digest at a slower rate) and most importantly familiar. Pre-event nutrition must be practiced in training. This is so you can find out what works best for you.

You need to allow adequate time for digestion. It can take anything from 2-4 hours to digest a full meal so if your event starts early in the morning, rather

than impact on sleep, aim to eat a light carbohydrate-based snack 1 to 2 hours before the event to top up the body's fuel stores.

If you plan on using carbohydrate gels, chews or sports drinks during your event, you must use these in training as well. There are many brands and flavours to choose from.

Pre-event tip: Start with mini serves of foods if you are not used to running with something solid in your stomach to allow your body to get used to it. Experiment to see what works best for you and don't be tempted to try unfamiliar choices on race day.

Food ideas

- Breakfast cereal with low fat or skim milk + fruit (low fibre options include cornflakes, rice bubbles)
- Yoghurt and fruit
- Pasta in tomato based sauce – if you have more time
- Rice cakes, toast or English Muffin + honey or jam (low fibre options e.g. white bread/muffins)
- Smoothie – useful if you cannot face solid foods
- Banana + a glass of juice – a lighter option
- Sports drink or juice - if limited time or you cannot face solid foods

Don't forget to have some water too.

ENERGY BAR

Serves 6

By Liz Lovering
sports dietitian, runner,
coach and chef

Ingredients Makes 12 bars

- 1 cup (80g) rolled oats
- 65g pitted dates, chopped
- 65g dried apricots
- 25g pepitas
- 25g sunflower seeds
- 50g almonds
- ½ cup (75g) wholemeal self-raising flour, sifted
- ½ cup (75g) white self-raising flour, sifted
- ½ cup (100g) golden syrup
- 2 Tbs oil e.g. rice bran
- 1 large egg, lightly beaten

Method

Pre heat oven to 180°C (1600 fan assisted)
Line a 20 x 30cm baking tray with baking paper
In a large mixing bowl place all the dry ingredients and mix well.
Warm the golden syrup and stir in the oil
Add this mixture and the beaten egg to the dry ingredients and mix well
Place mix in lined tin and smooth the surface
Bake in the centre of the pre-heated oven for 20-25 minutes or until firm to the touch and a light golden colour
Cool and cut into 12 slices. Eat in 1-2 days or wrap individually and freeze.

Serving Suggestions

These bars are rich in carbohydrate (about 26g per serve) and make a great snack on a training day.

Nutrition

Each serve contains approximately 26g carbohydrate, 4g protein, 9g fat, 3g fibre and 850kJ (200 Calories)



SYMMETRY - LEG LENGTH DIFFERENCE (LLD)

Symmetry is not common in human anatomy. Most of us have small differences from one side to the other caused by genetic or developmental issues. Most times these are easily compensated for and unnoticeable. However sometimes if the asymmetry is significant enough it can increase the risk of injury. This is particularly true during endurance activity like running where overuse injuries are prevalent.

The most common asymmetry causing problems for runners is a difference in the length of the legs. This is where the length of the Tibia or Femur is different but sometimes can be caused by degeneration of a joint on one side of the body. A LLD can also be caused by a rotation of the Pelvis on one side where the legs are actually the same length but they function as if they are different. Most runners can compensate for a difference up to about 8 to 10mm. After that then the risk of injury increases. As podiatrists we try to identify if a persons problems can be caused by their leg length difference. Sometimes the LLD is blamed for causing the injury when really there are other causes which need addressing. More often a LLD is overlooked and patients are treated for ongoing injuries without addressing the root cause.

The clinical measurement of a LLD has a high margin of error. That is why we also look at the history to determine the possibility of a LLD. Doing an x-ray for a LLD is very inaccurate because of parallax error where a slight rotation in the x-ray will show a false positive result. The only definitive test is a CT scanogram which we only do in severe cases to identify the actual amount of LLD. The most

important thing to identify is whether it is a structural difference in the length of the legs or a functional difference caused by other factors such as pelvic position, scoliosis of the spine, muscle spasm or inflexibility secondary to a previous injury.

In the clinic we look at asymmetry in the wear on a runners shoes. An examination of their posture and gait can also reveal a LLD. It is important to note that asymmetry in itself is not always a bad thing that should be stopped. Often asymmetry in gait is the compensation that helps prevent asymmetry in structure being significant. Treatment of a compensated LLD can cause more significant injuries. Structural differences can often be treated successfully with a lift inserted in the shoe or an extra layer of EVA glued to the midsole. If a functional leg length difference is treated with a lift then it can give temporary relief while letting the cause of the problem in the first place to become chronic leading to more severe long-term problems that may not be able to be treated. The difficulty in diagnosis is that structural and functional differences often exist simultaneously and it is hard to quantify the differences.

If there is an underlying cause of a functional leg length discrepancy then that must be treated so that any injuries may then be dealt with. A structural LLD should be treated with several small changes to the lift over time so that the body can adjust to the new position without causing further injury. Putting a heel lift only in the shoe may not treat the difference. During the propulsive phase of gait when the heel is off the ground a heel lift will not

change a LLD. Full length lifts of the whole foot are needed for running. If you have been experiencing multiple injuries on one side of the body then you should consider the possibility of having a significant leg length discrepancy. This can be checked out by our Podiatrists at the Intraining Running Injury Clinic.

By Steve Manning
intraining podiatrist and coach



STRENGTH & CONDITIONING MAINTENANCE.

In the competitive part of the season, your main goal for strength and conditioning should be to maintain your routine, and not introduce anything new that could potentially injure you before a race.

Starting a new strengthening program, or introducing a new type of running drill (such as hill running, or plyometric training) in the month before a race is a risky venture. Your body takes time to adjust and adapt to the stress of a new activity - for which the benefit may not be seen before race day, however injury niggles and a decrease in performance may arise. It is better to wait until the off-season, or until you have at least a 2 month lead time before your next event to introduce a new drill or program.

The exception to this, is if the new program is implemented to treat a specific injury. With certain injuries, (eg chronic achilles tendinitis) strengthening exercises play a key role in recovery, but should be done so under the guidance of a health professional.

Hopefully you already started a strength and conditioning program in the offseason, and this should include exercises for core, leg and glute strength (see previous editions for examples of these).



By Doug James
intraining physiotherapist
and podiatrist

PERFECTING THE TAPER SO YOU'RE READY TO RACE

Performing at your best on race day relies on many factors, some of which are controllable, and others that unfortunately are not. Training plays an important role in getting you mentally and physically prepared to race. However, it's essential to back off your training leading up to key events to ensure you're well rested and ready to race fast - this is known as tapering.

Your total weekly mileage and long run distance should reduce over the final few weeks before race day. It's still important to maintain consistency (frequency) and intensity, but volume (distance) should decrease. The final two weeks are all about sharpening and peaking for race day. Running a short, hard session two weeks out is ideal, whilst your speed session during race week should be run at your goal race pace - great for confidence and familiarity.

Longer events require a longer taper. Generally speaking, Marathoners should do their longest training run 3-4 weeks out from race day, whilst those running a Half Marathon can do their longest run two weeks prior. Reaching 32km in training is a good benchmark for the full distance, but more experienced or faster runners will often reach distances of 35-38km prior to the event. Half marathoners ideally should aim for a long run of 18km, but again many runners will train in excess of race distance. Your long runs should always be at a relaxed and easy pace - do not try to test your staying power in training. Running too quickly will significantly increase injury risk and not allow you to recover properly for your other training sessions. Running a hard half marathon at least 5 weeks prior, or a hard 10km 2-4 weeks out can be a good idea to prepare for the stresses of race day, but you need to allow proper recovery time.

Everyone responds differently to training and tapering. Some people require a longer taper than others, and some people drop their mileage more than others. It may take a couple of events find out what's best for you. There's no denying, tapering can be tough - the saying; 'beware the tapering athlete' definitely rings true. Often doubt will creep in, along with moodiness, nerves, niggling injuries and sickness. Have confidence that you've done all the hard work, and trust the taper. You don't want all your training to be wasted by poor race preparation.

For more personalized advice about your training and race preparation, book an appointment with one of our running coaches.

By Emily Donker
intraining podiatrist and coach



Part of the intraining Marathon School program.

More information online at
www.intraining.com.au/marathon-school

intraining
**MARATHON
SCHOOL**
2016

Conquered parkrun?
Set yourself a new
challenge in 2016.

intraining

running injury clinic

BALANCE, CORE & SPORTS REHAB STUDIO

33 Park Road, Milton



- ◆ Podiatry
- ◆ Massage
- ◆ Physiotherapy
- ◆ Pilates
- ◆ Dietitian

Call or email to book an appointment

Ph: 3367 3088 | Email: clinic@intraining.com.au

www.intraining.com.au

Podiatry and Physiotherapy appointments
also available at Indooroopilly Shopping Centre
(intraining located on 3rd Level)