

# FROM THE SOLE

Tips to keep you **running** at your best



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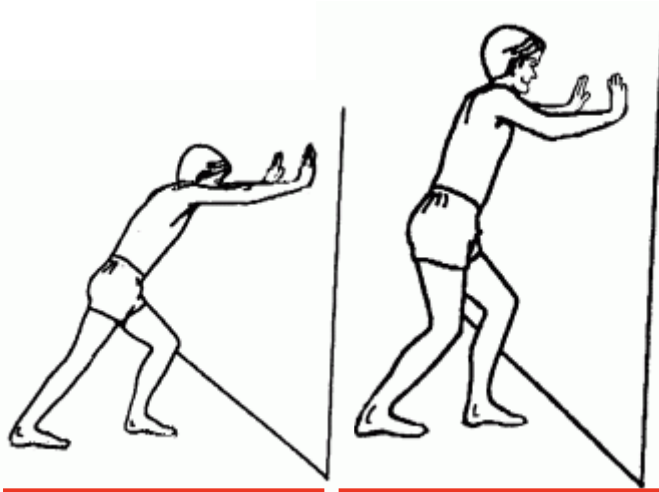
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# CALF MUSCLE STRETCH

Tight calf muscles can prevent you from achieving optimal running efficiency and may lead to injury. When the calf muscles (gastrocnemius and soleus) are tight, you may compensate by lifting your heels early during propulsion which can reduce your effective stride length. Other compensations may involve your foot twisting at the end of propulsion which wastes energy and over time may damage the big toe joint. Regularly performing stretches may help to reduce muscle tightness. Stretches should be performed once you have warmed up for at least 5 minutes, and/or as part of a cool down routine. All stretches should be comfortable, and held for 30 seconds each. Cease the stretch if sharp pain is felt.



Step back with one leg while keeping your heel on the ground. A stretch should be felt in the upper part of the calf.

Step forward with one leg and push your knee towards the wall. A stretch should be felt in the lower part of your calf.

By Doug James (Podiatrist and Physiotherapist)

# DIETITIAN - Weight management and running

Are you a runner who has gained a little unwanted weight recently?

Before you start reducing your kilojoule intake or cutting out food groups remember that to perform at our best we need to have adequate fuel available to run.

A key fuel for exercise is carbohydrate which our bodies metabolise into glucose to be used immediately or stored as glycogen in the liver and muscles until required for use. As we cannot store unlimited amounts of glycogen runners need to ensure they have adequate fuel available for their running. How much we need depends on the fuel needs of the individual and varies according to running frequency, duration and intensity.

However to lose weight you also need to consider total daily kilojoule intake. So if you have gained a little unwanted weight recently have a think about your current dietary intake (all food and fluids that contain kilojoules) and ask yourself if you have been running less but still eating the same amounts that you did when you were running more. Perhaps you completed your goal half or full marathon earlier in the year, or you've had an injury. If the answer is yes you need to cut back on your total daily kilojoule intake but still ensure you have adequate carbohydrate available to fuel your running. So think of carbohydrate intake as fuel in the tank and include adequate carbohydrate rich foods around key sessions e.g. banana before speedwork or long run, breakfast of cereal and milk topped with yoghurt and fruit after morning training. Carbohydrate is an important fuel and inadequate intake can lead to fatigue and reduced running performance and amounts should vary depending on your training.

By Liz Lovering, APD, ASD



## KIDS - Kids running form

There is a misconception that children have a perfect, natural and free flowing running style. They can appear to have a light and quick step and an ability to change direction easily. However, when you look more closely at children running, you will see a greater variation in a child's form from one step to another. They may be intoeing and landing more on the ball of their foot one moment, then flat footed and out-toeing the next.

The main cause of this variation is that they do not yet have well developed co-ordination and movement patterns. This is compounded as they go through growth spurts and different phases of maturation. Other factors contributing to this can include biomechanical anomalies, their size, their power to weight ratio and genetics. As adults, we don't always recognise the difficulties they are experiencing as the signs and symptoms can be quite subtle, with no major effect on their daily activity. What we see as clumsiness and tripping, or an unwillingness to exercise can be



By Margot Manning (Podiatrist & Coach)

a result of their lack of co-ordination.

Running drills keep them in touch with their growing limbs. They gain a sense of their body and how to move it. All children can benefit from this focus on maintaining co-ordination and control. This is particularly important for children with low tone. Their proprioceptive feedback mechanisms are

greatly impaired and they have no sense of body movement other than a feeling of discomfort. Movement activities are a fantastic and effective way to improve this and hopefully empower these children with a sense of spatial awareness.

The intraining kids running groups always includes a component of form work. Some children will still need

extra help which is available through the intraining Running injury clinic.

Even adults can benefit from running drills. **The intraining Running Injury clinic hold Running Form workshops in December & February.**

Watch the [intraining Facebook page](#) and October enews for more details.

## KIDS RUNNING GROUPS

### TRAINING GROUPS FOR KIDS:

**Monday 3:30pm** (ages 5-9)

**Monday 4:15pm** (ages 9-12)

**Thursday 4pm** (ages 9 - 11)

Anzac Park, Toowong

Focus on Running form, race strategies, speed and running for fun.

**Thurs 4:15pm \*\* Junior Development Squad** (ages 11 +)  
(must contact coaches prior to attending this session)

**Contact: Margot Manning 0437026092**



# THE MAN EMERGES - A coaches reflection by Margot Manning

As a coach of junior athletes and also a parent of running kids, I am frequently presented with the question of how much training can you give a child. This question is a dilemma and can generate much anxiety with parents, the children and the coach. It's hard to watch primary school races knowing that your child can be up against some kids who have much higher training loads or who are so much 'bigger'. There are so many factors at play... different phases of physical & emotional maturity between children of the same age, and also on different days of the week for the same child. Most of the time, it is a game of patience, waiting, and nurturing until the child is almost at high school age. There is also an element of keeping your fingers crossed in the hope that the plan of waiting pays off.



The moment does come however, when there is a transformation and 'the boy races as a man'. The change, of course has occurred over some time, however, it can seem that the emotional and physical maturity just happens overnight. Gone are the anxious warm up discussions, moments of self doubt, and frequent checks

on competitors. Gone also is the wiry, knobby kneed child. Standing on the track is a noticeably more robust & strong looking student with the composure that says "Bring it on, I'm ready to race."

And the race does happen... Spectacularly. There is control in those frantic moments after the gun fires; contact maintained with the leading pack; and a sprint finish that causes a reverberating cheer from the stands. The result is a huge success for the athlete.

The overnight 'morph' also becomes a reminder as a coach, and parent, that children's successes

will come with maturity. It is so hard to not be impatient while they are young, skeletally and sometimes emotionally immature. This can be made even more difficult when they have talent and are hungry for success early.

This year, I was privileged to witness the man emerge from a boy in the intraining junior training squad. His result after years of fourth places and weeks of interrupted training from illness, was a bronze medal, a huge PB, and a place in the team to go to the state championships for the first time ever... at the age of 12. There will be many more races to look forward to from not only this young man, but from all the children who will one day experience their own morph.



**intraining welcomes back, Kay Shepherd**, Remedial & Sports Massage Therapist to the intraining Running Injury Clinic Team.

Kay has been massaging with the Brisbane & Intraining Running Community since 1995. As well as working with runners, Kay's background in sports massage is very strong beginning in 1990 with the Wallabies, under the guidance of Ian King, strength & conditioning coach.

To book an appointment with Kay Shepherd, **contact intraining Running Injury Clinic on 33673088, or clinic@intraining.com.au**



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