



RUNNING STRENGTH AND CONDITIONING FOR INJURY PREVENTION

Running is becoming an increasingly popular sport, both recreationally and competitively. This is due to the many known health benefits, as well as the ease of access to running. Injuries can affect runners of all abilities, whether you are experienced and pushing for a new PB, or a beginner where the body is not used to the additional demands.

Strength and conditioning is becoming a key part of running training for injury prevention and exercise performance. A review of the literature by Lauersen et al. (2013) found that 'strength training reduced sports injuries to less than 1/3 and overuse injuries could be almost halved'. Yamamoto et al. (2008) found a 4.6% (range 3-8.1%) improvement in running economy, and 2.9% improved running performance (over 3k and 5k), in their systematic review.

Calf Raises

Stand with your feet together, raise up onto your tip toes, slowly lower back to the ground



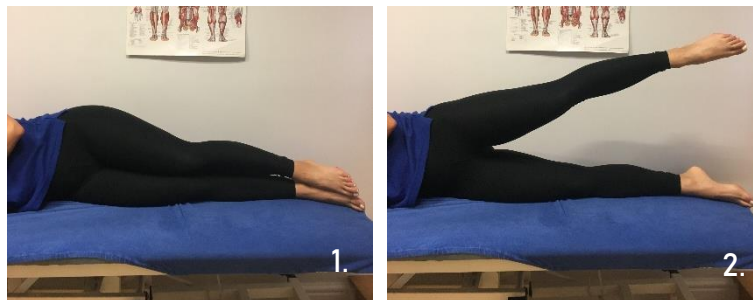
Forward Step-Up

Stand at the step, place one foot up on to the step, lift yourself up then lower slowly. Repeat with other foot leading.



Side Lying Hip Abduction

Lay on your side with your legs straight, slowly lift as far as comfortable, then slowly lower back to the bed.



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