

CREATING SUCCESSFUL RUN TRAINING PROGRAMS

Objectives:

- Provide relevant programming information based on current and proven sports medicine science.
- Review mechanical stress and recovery in relation to injury.
- Understand the basic components/principles for creating a recovery based training program.
- Review guidelines for return from injury.
- Understand symptomatic response to mechanical loading.

Outline:

1. Introduction

2. Running Injury

- a. Demographics
- b. Accepted causes
- c. Proven causes/relationships to injury
- d. Stress (training stimulus) and recovery as related to injury

3. Building a Recovery Based Training Program

- a. 4 Basic elements
 1. Recovery
 2. Endurance/Neuromuscular efficiency
 3. Power/CNS loading
 4. Strength/Tissue loading
- b. Example client programming
- c. Evidence Based Run training principles

4. Running Form

- a. The Gait Debate
 - a. loading strategies presented
- b. Strategies for improved form
 - a. Run form drills

5. Return to Running from Injury

- a. Assessment
- b. Graded exposure programming
- c. Hurt, no harm principle
- c. Example case study

6. Conclusion