

GET BACK ON TRACK! BE INJURY FREE



When starting your running programme the aim is to remain uninjured by adapting to the loads applied to the body. It takes a while however (so can be frustrating for most runners) to adapt to and become strong enough to cope with the repetition and forces of the loads of running. Your running programme should always allow for plenty of rest and recovery but should remain consistent. Consistency will get you fit and strong. Recovery allows your body to adapt by increasing bone density and strength.

Did you know that forces applied to the body are 3 times your body weight for each step. eg. if you are 70kg then 210kg's are applied to the body and all of the joints when you load them with each step. Multiply that by the 450-600 steps which is the number of steps taken each kilometre then it becomes pretty clear how substantial the forces are and how they could cause injury if the body isn't fit enough.

Start with a slow programme to get moving and used to the loads of running. below is a guide where each step remains the same for several weeks and the initial increase is in consistency not distance or intensity.

1st 2 weeks: walk for 20 minutes every 2nd day.
next 2 weeks: walk and run for 20 minutes every 2nd day.
next 2 weeks: run easy for 20 minutes every 2nd day.
next 2 weeks: run easy for 20 minutes for 2 consecutive days then 1 days rest
next 3 weeks: run easy for 30 minutes for 2 consecutive days then 1 days rest
next 4 weeks: run easy for 30 minutes on Saturday, Sunday, Tuesday, Wednesday, Thursday the rest on other days.

LIVER DETOX ACUPUNCTURE
CRANIAL OSTEOPATHY MASSAGE
BOWEL CLEANSE WEIGHT LOSS
NUTRITION NATUROPATHY