



HANSONS RUNNING

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INJURY/ILLNESS

Finding the balance between pushing through and pulling back the reins



Learning to differentiate

- The end goal is to train as hard as we can, but stay healthy. You really have three groups of runners
 - Those who will run through anything and everything until something breaks or tears
 - Those will take a day off for the slightest discomfort
 - Those (who probably include both of the other groups) that have no idea what they should really do.
- My basic philosophy: Time off does nothing if you don't treat the source of the issues. Time off only relieves the symptoms and will eventually reappear.
- Going to reference Jay Dicharry's book (Anatomy for Runners)
- Also Bruce Wilk and his book The Running Injury Recovery Program



When to run through...

1. On a scale of 0-10 during the run, the pain should be no greater than 3
2. Pain should not be severe enough to limp during or following the run
3. The long run should not be more than half of your weekly mileage

A lot of time is it's things like speed work, or long fatiguing tempos or long runs that bring on the pain. So, to keep running during treatment, avoid the things that cause pain.



Bruce Wilk's Injury Scale

Injury Stage	Emerging Symptoms	Red Flags
Stage 1	Pain while running	Pain that alters stride
Stage 2	Pain at rest (post running)	Pain that disturbs you at rest
Stage 3	Pain during ADL's	Pain that interferes w ADLs
Stage 4	Running injury pain that causes medication use	Being in stage 4
Stage 5	Pain that cripples you	Being in stage 5



Coach Corey's Guide

- Choose the option closest to the top that is unlikely to make the situation worse:
 - 1. Full workout, just as prescribed
 - 2. Full workout, but translated to its equivalent in effort-based terms
 - *(For example, instead of 10 x 400m with 400m rest, do something like 10 x 2mins ON/3mins OFF)*
 - 3. Full scheduled volume for the day, but modified workout
 - *(either slower paces or less hard running volume)*
 - 4. Full scheduled volume for the day, no workout just easy mileage
 - 5. Easy run, less volume than prescribed
 - 6. Cross-training + core work
 - 7. Core work
 - 8. Rest
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- <http://hansonscoachingservices.com/how-to-adjust-for-injury-or-illness/>



Use of NSAID's

- I've learned the hard way, I've seen colleagues learn the really hard lesson
- It will only mask the pain, and I try to be careful who I tell to use
- It will only prolong the injury
- It may end up putting you in a much worse situation
- Inflammation is a good thing

- Even ice baths and simple icing has got some "heat" lately.



NSAID's

- Bruce Wilk says never while running
- Some other info I found
 - Can use for Impingement conditions (think hip)
 - Acute tendonitis (however, I would say let natural healing occur first)
 - Rheumatoid arthritis
- Cannot use
 - Muscular and joint sprains
 - Osteoarthritis and joint conditions
 - Bruises
- Muscular: use with caution and not within 48 hours
- When does it compromise healing? Chronic tendonitis and fractures



Fixing the problem and not the symptoms

- Pain, tenderness, and inflammation are symptoms
- Overpronation, tight hamstrings, and weak glutes are problems
- Educate yourself- do the self form analysis and . This will show you where your weak areas are. Have a form analysis done by a PR or Sports Med
- Figure out your shoes. Talk to a professional
 - Visit an actual running store
 - Learn the truths about types of shoes. Is minimalist a good fit for you? What about Hoka's? Education is key. Look at real research, not just here say. Learn what you will really need to do to transition into running full time in different shoes.



Illness

- Something like a cold is one thing, but having a fever is another.
- To me, it's really a judgment call
 - Easy run might be ok.
 - Slogging through a workout may not
 - What's the objective of the workout?
 - Is pace the goal, or dealing with a toughness issue?
- Recovery will be affected too. What you do today will put you in the hole for tomorrow.
 - A 30 minute jog isn't going to set you back as much as a hard tempo run...



Guide to adjustments

- 1-2 days missed
 - Resume as your schedule indicates.
 - If due to sickness, the workout could probably be an SOS day.
 - If injury, maybe run easy first, or warm up and see how it feels.
- 3-6 days off
 - Come back with a couple easy days before jumping back to SOS days
 - Even if you miss two SOS days in the process, you should keep the big picture in mind



Adjustments

- 7-10 days
 - Now you get into the grey area.
 - Can lose a little fitness, although very small
 - You'll feel worse off than you really are.
 - Biggest factor is the timing of this- if it's early, you can progress still. If it's late in the segment, you may need to readjust (not by very much though)
 - Scale back mileage when coming back. Maybe 10-20% for a few days. Can do an SOS day, but scale back volume or intensity- best to avoid a speed workout that first day.



Adjustments

- After 10 days
 - Definitely need to, at least, adjust goals. If timing is really bad, then may have to seek out a new event. This is especially true if you are trying to hit a qualifier.
 - 2 weeks off- adjust by 3-5%
 - 3 weeks off- adjust by 7-10%
 - More than that: 😞 😞 😞
- Remember too: If you miss 2 weeks, you're going to have to run easy to get your legs back underneath you and then gradually introduce workouts. So, 2 weeks could turn into 4 weeks of no or modified training before you know it.



Wrap up

- If you are honest with yourself and take action, you can avoid some pitfalls with running
- Remember that there is a cause for injuries and finding that breaking point can lead to long term resolve of the issue.
- Time off is not always the answer and only allows the symptoms to resolve, not the cause of the injury

