

REDUCE YOUR RISK OF RUNNING INJURIES

- **Stretching:** Stretching of lower extremity muscle groups decreases the tightness of muscles.
 - Perform a 5-min warm up before stretching.
 - Examples of stretches to perform:



Calf Stretch



Hamstring Stretch



Quadriceps Stretch



Adductor Stretch



Hip Flexor Stretch



Piriformis Stretch

- **Progression:** Develop a training program based on your running goals.
 - Frequency, duration, distance, or intensity should not increase more than 10% per week.
 - Beginners should not run more than 3 times per week.
 - Cross training can be performed on non-running days.
 - Include one day of rest per week!
- **Running Shoes:** Have a qualified professional assist you in shoe selection.
 - Shoe selection should be based on your foot structure and running mechanics.
 - Excessive supination and pronation can lead to injuries, but can be corrected with proper shoe selection.
 - Supinators need shoes that provide shock absorption.
 - Pronators need shoes that provide motion stability.
 - New running shoes should be purchased approximately every 400 miles.

BE SMART...LISTEN TO YOUR BODY FOR SIGNS AND SYMPTOMS OF INJURY!