



Make Running Fun and Injury-Free!



GUEST CORNER

LIZE
LUBBE

Running is one of the most accessible and versatile forms of exercise as part of a healthy routine. There are various formats of running, each offering different physical and mental health benefits but also challenges. Appropriate preparation for running will reduce your risk of sustaining injuries and allow you to enjoy an injury-free and uninterrupted exercise regime.

DIFFERENCES AND HEALTH BENEFITS OF CROSS-COUNTRY, TRACT, TREADMILL AND ROAD RUNNING

1. Cross-country running: to run outside on natural, uneven surfaces that range from grass, dirt, and hills with unpredictable weather. Cross country courses can range from 3km to 12km in length.

The physical and mental benefits of cross-country running include:

- strength, stamina, and overall leg, body, and cardiovascular endurance;
- navigate rugged, terrain that improves agility, balance, and proprioception (awareness of where your body is in space);
- positive mental benefits to run in the natural environment and connect with nature often boost your mood and reduces stress; and
- cross country events often foster a strong sense of community, with villages, schools and clubs hosting competitions that encourage camaraderie among runners.

2. Track running: takes place on a standardized, usually all-weather track, and is often characterized by races of specific distances from 100m to 10,000m events. Athletes are either considered sprinters or long-distance runners.

The physical and mental benefits of track running include:

- the focus is on speed and anaerobic fitness that includes explosiveness, acceleration, and situational pacing;
- structured track workouts allow runners to measure their progress and adjust intensive training more easily;
- positive mental benefits of running in a controlled environment and focus on your individual performance; and
- track meets offer several opportunities throughout the year enabling athletes to specialize in specific distances and disciplines.

3. Treadmill running: is performed indoors on a stationary treadmill.

The physical and mental benefits of treadmill running include:

- the convenience and accessibility to run anytime, eliminating concerns about weather, safety, and environmental conditions;
- the controlled environment gives you the option to control the speed, the incline and duration, making it easy to tailor fit your workouts;
- low impact running on a cushioned surface that reduces the impact on joints compared to running on hard pavement or trails; and
- easy access to monitor your distance, pace and calories burnt from watching the monitoring screen can enhance your workout motivation.

4. Road running: is done outside on paved roads or sidewalks, typically in urban or suburban settings.

The physical and mental benefits of road running include:

- cost effective, easy accessibility and convenience for runners of all levels;
 - strengthens all muscle groups and enhances your cardiovascular endurance; and
 - you can set your own pace, explore your neighborhood, and there is no competition or outside demands you need to meet.
5. Other type of running
- Sprint running: short distances at maximum pace to enhance overall explosive strength.
 - Marathon running: 26.2 miles to build endurance and mental toughness.
 - Fartlek running: alternating periods of fast maximum running with slower jogging or walking that benefits speed and stamina.
 - Interval running: periods of high-intensity running with recovery period of lower-intensity running that benefits endurance, weight-loss, and cardiovascular fitness.
 - Barefoot running: without traditional running shoes, usually on softer surfaces that helps to promote natural form and strengthen foot muscles.

ADEQUATE PREPARATION REDUCES INJURY RISKS

Starting a running regimen can be an invigorating decision that offers many physical and mental health benefits. As we move into the cross-country season, many runners prepare for the battles ahead and those who are not adequately prepared may find it intimidating and painful when the season starts.

Before lacing up your running shoes and hitting the pavement or uneven terrain, it is important to take preparatory steps to ensure an enjoyable and injury free experience.

- Consult a healthcare professional to

assess your health status, fitness level, and evaluate impact of any existing and previous injuries.

- Understand your current activity level. If you are new to exercise, start with lower-impact exercises such as walking and swimming before transitioning into running.

- Define your exercise purpose: are you running for fitness, weight loss, stress relief or to train for a specific event?

- Set clear and realistic goals that will help to motivate and keep you focused; for example, you plan to run a 5k in 3 months.

- Invest in proper footwear. Go to a specialty running store for recommendations based on your foot type, gait, and the type of running you plan.

- Plan your workout days: alternate running with core/pelvis, legs and body strengthening, flexibility and rest days.

- Start slow, alternate with walk-run intervals.

- Stay hydrated and eat nutritional.

- Listen to your body as you transition to running. Focus on correct posture, breathing, pace and relaxed upper body to improve your form and lessen fatigue and strain.

- Monitor for pain. Sharp pain is a warning signal, seek medical help. Some discomfort and muscle tightness are normal when you start a new physical activity, make sure to warm up do and gentle cool down stretches.

- Be flexible to adjust your distance and speed and adapt your goals to your body's personal need and progression.

Embarking on a running journey can be a physical and mental enriching experience if you take time to prepare properly and listen to your body to prevent injuries and frustration.

Please contact your healthcare provider or physical therapist for advice on how to get into a Rewarding Happy Running Journey!

Lize Lubbe is the owner of Lize Lubbe Physical Therapy with its main practice located at 892 Route 35 in Cross River and a PT Studio in the premises of Apex Fitness (where her team focus on the rehabilitation of sports-related injuries). Learn more by calling 914-875-9430, emailing contact@lizeclubbept.com or visiting www.lizeclubbept.com.



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The professional services of the team at

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include:

- Pre & Post Surgery Rehabilitation
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- Treatment of Musculoskeletal & Orthopedic Conditions
- Postural, Balance & Gait Training
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- Body Rebalancing through Diaphragm, Breathing & Pelvic Stability



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