

INJURY PREVENTION TRAINING GUIDE

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INJURY PREVENTION PLAN

TRAINING

Exercises:

- Resistance Band
- Body weight exercises
- Stretching

RUNNING

- Beginning Running Plan
- Already running plan

TRAINING

RESISTANCE BAND EXERCISES

*Perform better resistance bands sold online

-Buy multicolor pack (\$8.95 for a 4 pack)*

SIDE STEPS

Place the band around ankles.

Walk sideways 15 steps (2x).

LATERAL LEG LIFTS

Place the band around ankles.

Lift leg out to the side, foot flexed (10x each leg) (Repeat Twice)

FORWARD LEG LIFTS

Place the band around ankles.

Lift leg out in front of you, foot flexed (10x each leg) (Repeat Twice)

BODYWEIGHT EXERCISES

PUSHUPS

Go into a plank position, body in a straight line, fingers straight shoulders over hands, engage glutes

15 pushups, 3 sets

BIRDDOG

Go on hands and knees, keep back flat, extend opposite arm and leg while holding body steady. Alternate sides and engage glutes.

10 reps on each leg, 3 sets

PLANKS

Lay on stomach, then push up onto forearms, making sure your back stays flat and engage glutes

Hold for 30 seconds, 3 sets

SQUATS

Stand with legs shoulder width apart, then pretend to sit in a chair, make sure you put your weight into your heels

(24 reps or 3 sets of 8)

REVERSE LUNGES

Stand with feet shoulder width apart, step back and split squat keeping both legs at 90 degrees

(24 Reps or 3 sets of 8)

*On squats and lunges make sure that your knees stay straight over your ankles!

RUNNING

BEGINNING PLAN

WEEK 1: 30 minutes- 5 min walk to warm up, 2 min running, 2 min walking (repeat until 25 min), 5 min walk to cool down

WEEK 2: 30 minutes- 3 min walk to warm up, 3 min running, 2 min walking (repeat until 28 min), 2 min walk to cool down

WEEK 3: 30 minutes- 4 min running, 1 min walking (stop at 30 min, then do a cool down walk)

WEEK 4: 30 minutes- all running (cool down walk when finished)

WEEK 5 - TRYOUTS/SEASON- repeat week 4 working to increase your pace

* RUN 4-5 DAYS/WEEK *

ALREADY A RUNNER PLAN

WEEK 1-3: 30 minute run

WEEK 4-7: 45 minute run @ your pace

MAKE SURE YOU WARM UP AND COOL DOWN BEFORE AND AFTER YOUR RUN!

RUN 4-5 DAYS/WEEK

STRETCHING

STRETCH AFTER EVERY RUN!

Figure 4 Stretch

Stand on one leg, squat down and cross your ankle over your knee. Hold for at least 30 seconds. Repeat on the other leg.

Hip Flexor Stretch

Stand in a lunge position and push your hips forward and lean back a little bit. Hold for 30 seconds, repeat on each leg.

Forward Bend

Bend down, holding onto your elbows. Hold for 30 seconds.

Curb Calf Stretch

Put your foot against the curb of a sidewalk. Lean into that leg with your knee bent. Hold for 30 seconds, repeat on the other leg.

Shoulder Stretch

Clasp your hand behind your back and pull your hands back. Hold for 30 seconds and repeat with the other hand on top.

Hip Stretch

While standing, cross one leg over the other and bend down, holding onto elbows. Hold for 30 seconds and repeat on the other side.