



Walk to Run
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Secret or Not so Secret Ways of Staying Uninjured **by Lynn Gray, RRCA Running Coach**

- Once a week do your workout on soft ground; Lake Park, Rogers Park are 2 great places; try to avoid running on the concrete
 - Check your running surface...make sure you change sides of the road “slopes”
 - Use a foam roller to smooth out your tight muscles...either that or spend more money on a weekly massage
 - Weight train your major leg, core, and arm muscle groups...when they are strong and of equal strength, you are less likely to pile most of your impact in one area
 - Practice yoga or a flexibility class once a week, then choose 2-3 moves from the class and practice during the week. Muscle tightness results in poor posture, contributing to unequal distribution of weight on your legs, core, and upper body. Stretches must be held 15 seconds and should be static vs. ballistic
 - Apply cold water to your leg muscles following each workout...biking included
 - Train up gradually; add only 10% of your mileage each week...thus if you are walking or running 10 miles per week, you would want your next week to go up to 11...the mind wants more...the body will eventually refuse
 - Hydrate before, during, and after the run. Hydration allows your muscles to stay warm and your joints to move more fluidly.
 - Keep your running shoes fresh and rotate every other day...check for worn out areas. Most injuries occur due to your being in the incorrect running shoe. Long distance walkers and runners are advised to get a heavier cushioned/stability shoe. You get what you pay for.
 - Get a gait analysis to check out your running or walking form and gait. Most people have a part(s) of their body moving out of proper form alignment for efficient forward movement. This can be corrected by proper strength/plyometric drills.
 - Think you need orthotics...last resort; flexibility and strength exercises which are specific to your walking and or running muscles will usually resolve the problem....that together with correct running shoes.
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