

DEALING WITH INJURIES

Unfortunately injuries are part of the sport. While injuries can limit the amount of running we do at practice, it shouldn't limit the amount of effort and involvement we put into practices.

If an athlete is dealing with the following injury signs they should talk with their coach:

INJURY SIGNS:

1

You feel pain while running and there is pain in the same area for 3 consecutive days.

2

You feel pain while running and the pain sharply increases in intensity as you run.

3

You feel pain while running and the same pain can still be felt even when not running.

The coaches will work together to give you a starting plan to recover from your injury. This typically involves a 3 day / 6 day / or 9 day return to full running plan.

This still involves attending practice, but efforts are focused on:

- Limiting your running minutes to warm-up (or part of warm-up)
- Identifying on a Scale of 1-10 what injury pain you experienced during warm-up
- If the pain is low the plan might be to do an additional small, easy run
- If the pain is moderate to high, athletes will cross-train for the day using Stationary bikes that we have available at practice.

In addition to reducing running minutes, athletes can focus on strengthening the injured area by doing more:

- General Strength Routines
 - Specific Injury Strength Routines
- (Both routines are listed on the Team Website under the "Resources / Injury Tabs")



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Abs, Strength, Weights

INJURY INFO

INJURY STRENGTH ROUTINE

After your run or cross train, do the following injury strength routine

1. Body Weight Squats (60secs)
2. Shallow Knee Bend (30sec each)
3. Single Leg Bridges (45sec each)
4. Straight Leg Clams (45sec each)
5. Donkey Kicks (45sec each)
6. Face down Leg Raises (45sec each)

Additional tools for Recovery include:

- Massaging/rolling out the muscles nearest to the injury.
- Icing 7-10min every day where the pain is felt
- Getting quality rest (9+ hours)