# 113 Events – I’ve picked up an injury, now what?

‘Should I train through it? / Can I still race?’

So you’ve signed up to one of the 113 events, you’ve mapped out your training leading up to race day, and then…. you pick up a niggle or worse, a full blown injury, what do you do now?

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| How severe is your injury? | | What to do? |
| 1 | Aware of discomfort during exercise but fades when you stop | Assess your training plan, reduce the load for a few days then gradually rebuild. Seek advice to prevent reoccurrence. |
| 2 | Aware of pain/discomfort during exercise which persists after you finish exercising | Reduce your training load, cross train to maintain fitness, and seek professional advice asap. |
| 3 | Pain which is impacting on your ability to train but not preventing you completely | Change your training to another form (cross trainer / bike / swimming) and seek advice immediately. |
| 4 | Pain which is stopping you training altogether | Seek advice immediately |

## Top5 tips

1) Can you still train, but in an altered format? Bike, cross-trainer/eliptical training, Aqua-jogging if it’s a running related injury. Do you need to get a bike fit to check your position at set up? Swimming- focus on specific drills, eg. balance and kick. Don’t simply stop altogether if you can avoid it.

2) Seek advice EARLY. See your GP / physio as soon as possible. The longer you put it off, the longer the rehab is likely to be, as more and more compensatory issues will develop as your body tries to deal with the injury.

3) Set goals. Speak with your physio and coach, set out short, medium and long term goals so that you all know where you are at, and where the rehab is going, and how it all fits into the larger picture of returning to racing.

4) If you haven’t got a coach, get one! The majority of injuries in running and triathlon are caused by training errors, such as increasing volume and intensity too quickly. Having a coach to bounce ideas off or guide you more formally will prevent you from overcooking the training and breaking down in the first place. Your local running club or triathlon club will have a group of experienced athletes who have been through the UKA or BTF coaching qualifications and can help advise you. Alternatively there is a growing network of professional coaches you can speak to.

5) Learn from your mistakes, and ensure you include strength exercises in your weekly program to reduce the risk of being out with injuries in the future.

Bonus tip

6) If you can’t race, can you help give back to the sport and marshal? The good karma will surely help keep you injury free in the future!

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| Example aqua-jog sessions | | |
| Aqua-jog fartlek pyramid | Aqua-jog cruise intervals | Aqua-jog steady tempo |
| 10 min easy warm up  10 sec medium, 10 sec sprint, 10 sec easy,  20 sec medium, 20 sec sprint, 20 sec easy,  30 sec medium, 30 sec sprint, 30 sec easy, 40 sec medium, 40 sec sprint, 40 sec easy, 50 sec medium, 50 sec sprint, 50 sec easy, 60 sec medium, 60 sec sprint, 60sec easy, 70 sec medium, 70 sec sprint, 70 sec easy, 10 min easy c/d | Warm Up & Drills . 10 mins  On the spot marching, high knee pick ups, high heel butt kicks,, easy jogging on the spot , forwards and backward leg kicks, side to side leg swings. Finally, pick ups 4 – 6 x 15” fast – 15” recovery.  Main set - 3-4x 4-6mins cruise intervals recovery times are:  4 mins recovery is 30sec  5 mins recovery is 90sec  6 mins recovery is 2 mins   cool down 5-10mins easy jog | Warm Up & Drills . 10 mins  On the spot marching, high knee pick ups, high heel butt kicks,, easy jogging on the spot , forwards and backward leg kicks, side to side leg swings. Finally, pick ups 4 – 6 x 15” fast – 15” recovery.  Continuous aqua jogging 15mins in zone 2 effort.   Cool down 5-10mins easy jog |

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| Example of initial run rebuild | | | | | |
| Session 1 | Session 2 | Session 3 | Session 4 | Session 5 | Session 6 |
| 5min walk - 1min run x5 | 4min walk - 2min run x5 | 3min walk – 3min run x5 | 2min walk – 4min run x5 | 1 min walk – 5min run x5 | 5min walk - 20min run – 5min walk |

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| Example of run rebuild incorporating pace control and running drills | | | | |
| Level 1 20mins running | Level 2 30mins running | Level 3 35mins running | Level 4 45mins running | Level 5 55mins running |
| 6 min warm-up jog 1 round drills 4 min easy 2 min moderate 1 round drills 3 min easy 3 min moderate 1 round drills 2 min easy, feeling better than warm-up = 20 min running | 8 min warm-up jog 1 round drills 4 min easy 4 min moderate 1 round drills 3 min easy 5 min moderate 1 round drills 5 min easy = 30 min running | 10 min warm-up jog 1 round drills 4 min easy 5 min moderate 1 min medium 1 round drills 3 min easy 5 min moderate 1 min medium 1 min moderate 1 round drills 5 min easy = 35 min running | 10 min warm-up jog 1 round drills 4 min easy 5 min moderate 1 min medium 4 min moderate 1 min medium 1 round drills 3 min easy 5 min moderate 1 min medium 4 min moderate 2 min medium 1 round drills 5 min easy = 45 min running | 10 min warm-up jog 1 round drills 4 min easy 5 min moderate 1 min medium 4 min moderate 2 min medium 3 min moderate 3 min medium 2 min moderate 1 round drills 3 min easy 5 min moderate 1 min medium 4 min moderate 2 min medium 3 min moderate 4 min medium 1 min moderate 1 round drills 5 min easy = 55 min running |
| Drills – work on the technique components needed to address your injury and prevent reoccurrence | | | | |

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