



Spring Training Part 2

The temperature has risen, the sun is shining, and you are ready to head outside for a run, cycle, hike, kayak, or other outdoor activity or sport. The next thing you know your knees, hips, feet, or back are aching and you are not sure what to do. Let us look at the most common issues that lead to a less than desirable start to your spring activities.

1. **Planning** – Just like planning a vacation, put some thought into which activities you want to participate in, and how you will get there. Are you training for a 10K walk or running a marathon? Are you new to kayaking or golf? As a Personal Trainer the number one error I see every Spring is “too much, too soon”. Enthusiasm is great but a run/walk training program designed for you and a few training tips to suit your body is well worth 1 or 2 sessions with a Trainer or Coach. Everyone is different – your friend may be able to carry a heavy pack on an 8-hour hike the first day out without any incident while you may be sore for days after and have lingering issues.

2. **The Principle of Specificity** – Basically.... you get better at the things you do. While you may have achieved great cardio from riding your indoor bike all winter you will need to adapt different muscles and joints if you want to run a 10K or even go mountain biking. Cross-training, doing a variety of different activities, is great and often provides a smoother transition to your Spring activity BUT there will still be some time needed to adapt. This is called the **Overload Principle** – gradually adding more time, distance, or resistance improves your strength, cardio, and flexibility BUT a common training error is to keep adding on to each workout. For example, running 20 minutes on day one and 25 minutes on day two and 30 minutes on day three because you can (your cardio is good, and your legs are strong from something else) is a recipe for an overuse injury. Interval training and a very methodical intensity increase are more likely to produce a successful outcome. Coaches have put a lot of time and experience in creating these programs, such as the Sun Run 10K walk to run program.

<http://www.vancouver.sun.com/pdf/SportMedLearnToRun10KProgram.pdf>

For more specific information please read this great article on preventing running injuries

<https://www.kintec.net/blog/prevention-of-running-injuries-2/>

3. **Gear** – Make a list of what you need to participate in your Spring activity. For example, a headlamp and reflective gear are a good idea for activities when it is dusk or dark. How old are your running shoes and are they right for your chosen activity? Shoes for tennis, with a lot of lateral movement, will be different than shoes for hiking. Even the socks will be different! If possible, go in-person to a store where you can be properly fitted for your size and activity.
4. **Balance** – Whether you are playing baseball or joining a rowing club, remember to balance your new activity with complimentary flexibility, strength, and cardiovascular training to maintain your overall fitness, reduce your chance of injury and improve your body to enjoy your event.

