

Surf Coast Century Information Session

28th July 2019

Our 'why': We love keeping people active, healthy and happy!

Intention: To give you the best advice to allow you to have a comfortable run

Maddie McMahon (Podiatrist)

1. *Blistering and Sock Changes*
2. *Footwear*
3. *Mobility and Strength*
4. *Lower Limb Injuries*

Catherine Allison (Osteopath)

1. *Training Load*
2. *Injury Prevention*
3. *Nutrition*
4. *Mindset*

Part 1

Top Tips for Fresh feet!

Blister Prevention

- Fixomull white tape (toes and heels most common areas)
- Never put sports tape directly on skin
- Technical Socks. My favourites:
 - Steigen
 - Thorlo
 - Feetures
- Sock changes regularly after each leg. Great chance to re-lace or change shoes as well.
- Cut toenails 1-2 weeks before race day
- For more information, click [here](#) to see our blog

Blister Treatment

- Be prepared with dressings in a ziplock bag.
- Know your blister prone areas and address the causative factors during training
- If unsure of how to treat your blister during the event, there are often medical staff or Podiatrists who can assist
- On the day, identify the type of blister (hot spot, roof intact, fluid filled, de-roofed, underneath toenail...). This is VERY important and the treatments vary greatly.
- For more information, click [here](#) to see our blog

Footwear

- We get asked often - should I wear my normal runners or trail runners?
- For the SCC, it will most likely be wet and muddy so we recommend trail runners. You also need a durable shoe to do the whole race, or an alternative is to change shoes throughout the run.
- We recommend going to a Professional fitting store who knows the shoes in and out (The Running Company, The Happy Runner, Active Feet...).
- The main things to think about which are individual to you are:
 - Feel (soft/hard)
 - Fit (width and length)
 - Offset (heel to toe drop)
 - Correction (neutral/corrective)
 - Tread (rugged to light)
- My top picks for the 100km:
 - Hoka Speedgoat
 - Salomon Senseride
 - Nike Wildhorse
 - Brooks Cascadia
- Follow this [link](#) for a description and features to look for in Trail runners
- Your day to day shoe/work shoes are also extremely important as you are on your feet for work. We see many overuse injuries in the foot and ankle in nurses, hospitality workers, tradies, teachers etc. Especially when combined with high running load.
 - Neutral runners is ideal if you are able to wear
 - Ladies - Ecco, Frankie4 and Bared
 - Men - Ecco, Ascent and Steel Blue work boots

Mobility and Strength

- Lacrosse/Spikey ball
 - Perform daily - 5mins
 - Simple exercise to keep the 26 bones in your foot and 4 layers of muscles moving efficiently
- Single leg heel raise
 - Ideally you should be able to perform 25-30 with correct form
 - Pushing up through big toe. Many people cheat with heel raises and push through outside of foot
 - We want to encourage function of the big toe joint (it's big for a reason!)
- Toe Yoga
 - Lifting big toe up while toes 2-5 stay flat
 - Lifting toes 2-5 up while big toe stays flat
 - Great for strengthening your small intrinsic muscles

Injuries

- Most common we see as Podiatrists:
 - Achilles Tendinopathy, Plantar Fasciitis/Fasciosis and bone stress injuries (metatarsal)
- Causative factors generally include:
 - Training load above tolerance and not enough cross training days
 - Footwear - Day to day and work
 - Reduced strength through lower limb (asymmetry)

Part 2

Catherine Allison

Top 5 Injuries we see in Runners:

1. **“Runners Knee”** - A handful of conditions that present as anterior knee pain: generally due to overload of the patella tendon, irritation of the soft tissues or lining of the knee, worn or torn cartilage, or strained tendons. Mostly this occurs due to increased load, excessive hill running, and/or maltracking of the patella.
2. **Achilles Tendinopathy:** Most commonly caused by weak calf muscles, poor ankle range of motion, and excessive pronation. Generally these factors are not a problem until mileage increases suddenly.
3. **Piriformis Syndrome:** Presents with aching in the glut and referred pain down the leg which feels like “nerve” pain. Repetitive activities, like running, can fatigue the muscle and irritate the nerve. Sitting all day can also inhibit the glut complex and lead to piriformis overload.
4. **Hamstring Strain:** Generally this occurs due to either poor running mechanics (primarily overstriding or poor pelvic control, which puts the hamstrings in a vulnerable position at ground contact), or due to lack of recovery between sessions
5. **Shin Splints:** Usually caused by tight calf muscles, poor footwear or running on hard surfaces

Most Injuries occur for 1 of 2 Reasons

- A rapid **acceleration** of the **intensity, duration, or frequency** of activity. Eg Too much too soon.
- A sudden spike in load when returning from injury (or a holiday) and **trying to make up for lost time** by pushing too hard in the early stages of training

Signs Overuse injuries:

- swelling
- warm to touch
- redness and impaired function
- pain lasting beyond the warm up

Injury Prevention

- **Warm Up/Cool Down for every session**
 - This can include a short run/walk interval at the start of a long session
 - Don't rush off to work after a session: always spend 5-10mins cooling down including a gentle stretch at the end of a session or after 10mins of gentle jogging
- **ReFuel (and fuel during longer sessions):**
 - Re Hydrate and re fuel within first two hours after exercise
 - Ensure you are fueling during a session if over 60mins (or you won't recover well)
- **Stretch and strengthen your muscles**
 - Stretching should never be done in a hurry and each stretch held for 30secs with NO bouncing!
 - Runners will benefit from 2-3 days of strength training per week: focus on sports specific exercises for pelvic and hip stability and lower limb strength and endurance

- **Cross Train/Set Rest Days**
 - Cross-training helps to maintain your aerobic fitness while avoiding excessive impact forces from too much running.
 - Examples include cycling, swimming, Pilates
 - Rest Days are an essential part of a long term program: Research suggests at least 1 day per week depending on the training phase
- **Gradually increase your mileage**
 - Increases in training volume, duration and intensity should be a gradual increase of 5-10% per week.
- **Wear the correct footwear**
 - We recommend going to a Professional fitting store who knows the shoes in and out (The Running Company, The Happy Runner, Active Feet...)
- **Be Flexible**
 - Be prepared to change your program for weather, fatigue levels, busy/long work days, illness etc.
 - If you miss a session, don't try to make this up the next day or you will be putting yourself at risk of injury and unnecessary fatigue

Nutrition

Pre Race Nutrition:

- Increasing carbohydrate intake in the 24-48hrs prior to the race can help to increase glycogen stores, improving fuel availability during the event.
- In the final 24hrs before the event it is advised to include low fibre foods and reduce the intake of high protein or high fat foods. This can help to reduce the risk of stomach upset during the race.
- It is best to finish your breakfast at least 1-2hrs before the start time to allow for less stomach upset when you begin racing:
 - In addition, the pre-event meal is a vital opportunity for a final top up of glycogen stores and to optimise hydration levels.
 - For an early morning race, a light, low fibre carbohydrate-rich snack can be eaten 1-2 hours before the race.
 - Some suitable pre-event light snack ideas include:
 - Tetra pack flavoured milk + muesli bar
 - Peanut butter on toast
 - Crumpets with banana + honey

Training Nutrition:

- Any session under 60mins in duration can generally be performed without any in session fuel (if you focus on pre and post nutrition of course)
- It is always best to trial your race day nutrition in your training sessions to help you become familiar with eating on the go, and also with the type of nutrition you plan to take onboard
- General guidelines from Sports Dietitians Australia suggest 30-60gm of carbohydrate per 1 hour for any session above that of Half Marathon Distance

- Never try something for the first time on race day!

In Race Nutrition:

- General guidelines from Sports Dietitians Australia suggest 30-60gm of carbohydrate per 1 hour for anything above Half Marathon Distance (this can go up to as high as 90-110gm per 1 hour for ultra endurance events depending on terrain and demands of the individual)
- Be familiar with where the aid stations for when you need to refill your water.
- Always take on some fluid when taking on board nutrition to avoid stomach upset
- Experimenting during long training sessions that simulate race day or during lead up events will help determine the ideal plan for you come race day

Hydration:

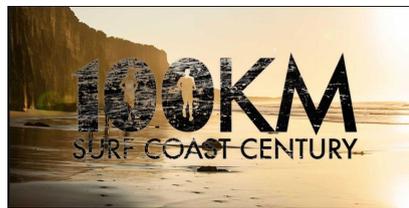
- Generally by race day it is too late to hydrate: you need to increase your fluid intake at least 24 hours prior to the race
- General rule of thumb: hydrate until your urine is clear
- On race day it is important to keep this balance. Current guidelines suggest
 - **500-750 ml** of water 2 to 3 hours before you start exercising.
 - **250ml** water 20 to 30 minutes before you start exercising or during your warm-up.
 - **200ml** of water every 30 minutes during exercise

Mindset

- It is often thought that the hardest part of endurance sport is the fitness. I personally believe the biggest gains you can have as an athlete is in your mindset on race day
- All too often we get distracted, we start thinking about how hard this is, how far we have to go and all of a sudden we lose our momentum.
- We have the power to control our mind during an event and get the advantage on the competition if we follow a few key steps.
- **Prepare**
 - Put in as much work as you can beforehand so that you have a real familiarity with the event.
 - Have as much knowledge as possible about what the event is going to entail and see as much of the course as you can beforehand.
 - Know where the aid stations are, know where the main climbs are, and familiarise yourself with the terrain of each part of the course
- **Support Team**
 - if you've got family and friends coming to support you then think strategically about where they'll make the biggest difference.
 - It's all about using the crowd to lift you.
 - Use your team to help in the morning when it comes to transport etc so you have the least amount of stress on race morning
- **Silence your inner voice**

- What we don't often realise is that we're in control of the voice in our heads.
- The voice will tend to start talking in negatives so it's really important that we use our inner voice like a really good coach and use it to pick ourselves up rather than the other way round.
- Find some race day manta's to repeat to yourself when the going gets tough eg "Today is my day" and stamp out negative talk quickly.
- **Break the race into stages**
 - Rather than thinking of the race as one large stage, break it up into smaller sections to help you remain focussed and present at all times
 - This way you're not thinking about the end point, just each tick box along the way
 - I like to use my food timing as a stage: for example, each 30mins I focus on ticking the legs over until I can eat again
- **Stay in the Present**
 - Rather than thinking in terms of how long you have to go, think about where you are right now. We tend to perform much better when we focus on that.
 - One way to do this is to focus on your breathing.. Or the person in front of you. And by cutting your race down into really small chunks you're already keeping yourself much more in the present state.
- **Run your own Race**
 - Make sure you've worked out the pace schedule you need to run at to achieve the time you've personally targeted.
 - If you maintain your energy early on, you'll be passing lots of people later on.
 - Conversely if you go off too fast - which is a classic mistake - and end up running other people's races then you end up being the one who is passed by lots of others.

Most of all, have fun - enjoy the event and remember, Race Day isn't the challenging part, it is the reward for the months of hard work while you were training.



Services

- Podiatry
 - Maddie McMahon
- Osteopathy
 - Catherine Allison and Christine Fraser
- Physiotherapy
 - Andy Allan and Darcy Meesen
- Exercise Physiology
 - Lachlan Whiting
- Remedial Massage
 - Belinda Price
- Sports Medicine
 - Jacquie Johnstone

Contact Information

Location **Torquay Sports Medicine Centre**
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If you have any questions please feel free to call or email me – we are here to help!