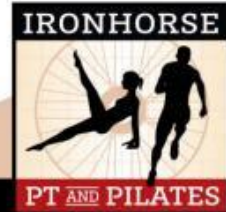




BULLETPROOF RUNNER
 RUN BETTER, STAY INJURY-FREE
 Ironhorse PT & Pilates



HOW TO BE A BULLETPROOF RUNNER



1. GET SCREENED

Get a movement screen by a professional who is trained or certified in FMS/SFMA (Functional Movement Screen/ Selective Functional Movement Assessment).



6. BE PROACTIVE!

Nip it in the bud before the niggle becomes a full blown injury that stops you from running.



2. WARM-UP

Do a dynamic warm-up before each run. Our tissues (a.k.a. muscles, tendons, etc...) need more time to warm-up as we age. Think of beef jerky- we want our tissues to be supple, not stiff.



7. STRENGTH & MOBILITY

Integrate strength and mobility work into your workouts. Strength training has been repeatedly shown in research to be more effective than foam rolling for preventing overuse injuries in runners.



3. GET ASSESSED

Get a Run Gait Assessment by a Healthcare Practitioner who actually runs (usually a Physio or Physical Therapist who specializes in running injuries).



8. CHANGE IT UP

Change up your running route and/or surface so you don't overload the same muscles and tendons in the same way all of the time.



4. MONITOR

Never run through pain that is greater than 3 out of 10 on a pain scale and monitor your HRV (Heart Rate Variability).



9. TOLERANCE TRAINING LOAD

Always keep your capacity/strength/tissue tolerance higher than your training load. i.e. In other words, know your limits and don't train past what your body is capable of.



5. REHAB INJURIES

Rehab any and all injuries to the fullest extent possible. The best predictor of a future injury is having a previous injury.



10. SHOES

Have several different pairs of shoes that you switch between. Changing shoes and running surfaces alters the loads and forces that get transmitted to your body and makes you use different muscles. Also, shoes get a bit "deformed" or "squished" after each run, so using a different pair allows 1 shoe to return back to normal.