

## **MARATHON!!**

With the marathon only a few weeks away, participants will be well into their training programme.

Training for a marathon takes huge commitment, particularly as the miles increase and the time spent training gets longer. Most runners can manage a certain mileage before they start to develop minor niggles. However, at about the 13-mile point in training some participants can start to develop overuse type injuries.

It is important at any stage to recognise when something doesn't feel right, and cut down training before it causes you to stop altogether.

The onset of injury at this stage can be attributed to factors such as muscle imbalances, which only becomes evident when huge demands are placed on the body.

For example minor muscle imbalances around the pelvis such as weak buttock muscles, and overactive hamstrings can result in them becoming 'pulled' or injured through overuse. Also weakness around the buttock and pelvis, can affect landing skills and shock absorption. Because of the importance of these muscles when running long distances, it is worth combining some resistance work, and some core-stability exercises such as Pilates during training, which will help the body cope better with the repeated loading placed on the muscles. Also get some remedial massage to the muscles to facilitate a more speedy recovery.

Another factor to consider is foot posture. If the foot over pronates (rolls in) when running then it places increased stresses on some of the lower leg muscles, which, with normal use, recover quickly and cause no problems. However with long distance running and less recovery time these muscles are put under undue strain which can lead to micro-trauma. This can then lead to injury. Ensure you have adequate rest days to give the tissue chance to recover, and make sure you wear proper trainers.

Good appropriate trainers are essential when running marathon distances. So if you have an old or worn out pair it really is worth investing in a new pair, but take care to wean into a new pair slowly.

Other factors that can contribute to injury are training errors, such as increasing mileage too soon, or having insufficient rest days, or lighter weeks. Also running on camber repeatedly will over load one leg, or spending too much time running on the road, which is hard and very unforgiving. Try running more on a track or grass.

Keep very well hydrated during the last few weeks of training because dehydration can cause fatigue, which can lead to injury. If in doubt seek professional advice.

**Su Barry BSc (Hons)., MCSP**  
Working at The Cloisters Physiotherapy Clinic



**THE CLOISTERS**

Lower Leam Street Leamington Spa CV31 1DJ

Tel: 01926 316420

Web: [www.thecloisters.co.uk](http://www.thecloisters.co.uk)