



Marathon Training Physiotherapy Advice

Shane Walsh MCSP
Orla Dunphy MISCSP

Introduction

- Last four weeks - what to do!
- Injury Concerns
- Race Kit
- Marathon Preparation
 - Before
 - During
 - After
- Common Running Injuries

Four Weeks To Go!

- Stick to your training schedule
- Do not change your running attire
- Practice dietary routine
- 10% Rule
- Vary surface/direction
- Take rest days
- Slow down training the week prior to the run



Are you suffering from an injury or “niggle”?

- Do not let an injury manifest
- Repetitive injuries
- Seek confirmation from your physiotherapist

When should you seek help?



- Immediately - if you suspect a serious injury e.g. fracture, tear of muscle/tendon/ligament
- 0-72 hours - self manage your injury. RICE, avoid heat, alcohol, vigorous massage or moderate/intense activity
- 3-5 days - if a 'niggle' does not settle, seek help from your physiotherapist to assess, diagnose, treat and rehabilitate the injury

Advice for those with no injury

- Do not attempt anything new e.g. massages, footwear, running techniques, training
- Continue prevention strategies

Race Kit

- Running Shoes
- Clothes
- Socks
- Weather
- Gels



Stretching



Pre-Running

- **Dynamic Warm-up:** jogging, stride-outs and dynamic drills e.g. heel kicks, skipping and trunk rotations. Allow 10-15 minutes to complete.
- **Dynamic Stretching:** using large muscle groups through increasing joint ranges of motion, e.g. squats and lunges. Best used as warm-up exercises.

Post-Running

- **Static Stretching:** stretch muscle to point of tension, hold 15-30 seconds, repeat 2-3 times
- **Active Stretching:** Hold for 3 seconds, repeat 5-10 times
- **Foam Rolling:** hold 30 seconds, repeat 1-2 minutes e.g. hamstring, calf, quadriceps, IT band and gluteal muscles

Before the Marathon

- Keep as warm as possible at the start line
- Ensure you perform an adequate dynamic warm-up prior to the start (5-10 mins)
 - Easy-jogging
 - Short strides
 - Heel kicks
 - High-knee running and trunk twists.
- Pre-race stretching
- Avoid blisters and chaffing

During the Marathon

- Any injury concerns - do not run through
- Hydrate
- Nourish
- Know your limitations

After the Marathon

- Cool Down
 - Walk for 5-10 minutes
 - Perform stretches
 - Change clothes
- If you sustain an injury, follow the RICE protocol
- Contact your physiotherapist for further information:
 - post-race recovery strategies
 - assessment, treatment and rehabilitation

Runners Knee

- Irritation of cartilage behind the kneecap
- 40% of injuries



When?

- During or after long runs
- After periods of sitting
- Descending hills/stairs

Do's and Don't's

- Avoid running downhill
- Swim, cycle and strengthen quadriceps/gluteal muscles

Achilles Tendon

- Tightening of tendon
- Inflamed tendon
- 11% of injuries

When?

- Dramatic increase of training
- Post running hills and speedwork
- Tight and weak calves



Do's and Don't's

- Niggle - One week rest
- Six months rest if ruptured
- Apply ice, 5 times per day
- Strengthen calves - eccentric heel drops

Hamstring Injuries

- Weak hamstring
- Muscle imbalance
- 7% of injuries



When?

- Post hill work
- Post powerful sprinting

Do's and Don't's

- Bruising - true tear - rest
- Overuse injury - gentle running
- Strengthen hamstrings

Plantar Fasciitis

- Small tears of tendons/ligaments/fascia
- Dull ache along arch or heel of foot
- 15% of injuries



When?

- Very high/low arches
- Long periods of standing
- Tight hip flexors, weak core, history of LBP

Do's and Don't's

- Running will delay healing
- Recovery - 3 months to 1 year
- Roll foot over a frozen water bottle - 5 times per day
- Stretch plantar fascia

“Shin Splints”

- Small tears in muscle around tibia
- 15% of injuries



When?

- Doing too much, too soon
- Common with new runners

Do's and Don't's

- Reduce running for one week
- Slowly build up mileage (10% rule)
- Bike, pool, run and swim
- Rest, ice and ibuprofen
- Stretch calves

Iliotibial Band Syndrome (ITBS)

- IT band irritates femur bone
- 12% of injuries



When?

- Too much track work and downhill running
- Building mileage too fast
- Over-pronation of feet
- Weak hip abductors/gluteal muscles

Do's and Don't's

- Rest 1-2 days
- Reduce mileage
- Strengthen hip abductors, foam roll

Stress Fracture

- Cumulative strain on bones
- Tibia, metatarsal, calcaneus



When?

- Overtraining
- Increasing duration/intensity and frequency of running too soon

Do's and Don't's

- Do not attempt to run through it!
- 8-16 weeks rest

Conclusion

- Adhere to your running programme
- Warm up and cool down
- Stretch and strengthen
- Know your body; observe any tightness or weakness

Enjoy Your Run!

