

# Training Goals

Volume No. 6

Issue No. 60

Date: April, 2008



## Injuries...

Injuries – at one time or another we all experience some type of nagging or chronic injury. Whether the injury is a stubbed toe received from racing through the house only to find a coffee table has suddenly been moved or an injury sustained from weeks and weeks of uninterrupted training and/or a long season of racing. There are many reasons why our bodies talk back or break down and being sidelined by an injury is a huge frustration. Trust me...I know all too well the frustration of being injured.



Let's take the really bad case of plantar fascia I received a few months prior to the 1992 Olympic Marathon Trials. The Olympic Trails that year were supposed to be held in Long Beach, CA Mother's Day weekend, however due to sponsorship and organizational issues USAT&F announced in November of 1991 that the race was being rescheduled and instead of being held in May the race was moved mid January at the

Houston Marathon . Suddenly I had lost three months of training time. Why does this matter? Well, in September of 1991 I was battling a very acute case of plantar fascia and I had just taken 6 weeks off of impact training, gotten two shots of cortisone and I was weeks behind where I thought my fitness should be. Therefore I was hugely frustrated when the announcement came that the Olympic Trails race date had changed.

Did I panic? Just a little... During the 6 weeks I took off from running I hit the pool. Every morning and again that evening I would pilgrimage to the pool with suit, cap goggles and an old pair of running shoes. I would swim laps and do intervals in the morning and then I would aqua jog in the afternoon. Cross training was something I always embraced because I knew the value of staying in shape. It is much easier to stay fit while nursing an injury than to try to get back into shape after a long layoff. During the time I spent cross training in the pool I had no idea that the Olympic Trails date would be changed so looking back I was very grateful for having had the foresight to cross train with vigor. In the early 1990's Elliptical Machines did not exist so trying to find a way to cross train that would simulate running and allow an injury to heal was hard to do. Aqua jogging was being widely accepted as a way to cross train however whenever I tried to jog with a flotation belt on I simply could not get my heart rate very high and I did not see the value of this type of training. I wanted my heart rate to be at the same level as if I were running and aqua jogging with a belt simply did not get me there. So, I started to experiment with various ways to reach the desired heart rate. One day, I took off the flotation belt and I put on a pair of old

running shoes and tried this new technique of running and guess what? My heart rate soared. I was able to elevate my heart rate to the same ranges as if I were running. Training this way gave me a great deal of confidence. When you find yourself with an injury experiment with various methods of cross training so that you stay fit and keep your confidence while you allow your injury to heal.



As I said earlier, injuries happen. Sometimes we can pin point the exact reason for an injury other times injuries creep up on you for no apparent reason. Finding ways to cross train is hugely important to your psychological well being so take the time to canvass your training environment and find a pool, an elliptical machine, spin bike, weight room so that if and when you get an injury you are prepared to cross train. As your coach, I will help design and implement your cross training workouts. Above all, don't panic.



**Healthy Training, Coach Lisa**