

SPEED

***A free monthly e mag for speed coaches, edited
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conditioning***

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IF YOU were expecting a review of the Rio Olympics and Paralympics, then forget it, the athletes in general did very well, especially a girl from my village with a population of about 1000, won a bronze medal in the partially sighted triathlon.

PPI

PLAN Plan the whole year, allowing for detail on a month by month basis. Take into consideration whether you are going 'short to long' (S2L) #or (L2S): doing indoors or not
PREPARE Check out the facilities and equipment, especially that which is only used in the winter. Is the gym and/or sports hall still available?
IMPLIMENT Put the plan into action by keeping an eye on technique adding variety and making it enjoyable for younger athlers

COMMON RUNNING INJURIES

When an athlete changes his/her training enviroment there is just as much chance of injury as there is during the track season. There follows a run down on a few of them.

The Patella Femoral joint. Look for a tight ITB which will not stretch, but the muscles around it will, so this does not mean stop training

If the knee moves inwards substantially it is an indicator of weak glutes. Correction while the glutes are strengthened, can be found from using tape, orthotics or a change of shoe

Increasing cadence and leaning forward will also reduce the loading on the knees

TENDINOPOTHY i.e. tendons, which are sting as they are elastic; will store energy and release, hence it is often cakked a stretch-shortening cycle (Hence one of the benefits of plyometrics)

If pain comes when the endon is in a compressive state then stretch will be of little or no benefit

Tendons do not swell, but they may thicken

After an unloading period, a rapid return to training or overloading the tendon leads to Tendinopathy that **could** recover in 10 days, therefore increas load gradually. Tendon breakdown is due to overload, so when doing plyometrics with weak muscle, always do any vertical jumping prior to long jumping, but do not jump in too quickly; it's going to be a long winter.



Vertical jumps before horizontal jumps

TENDONITOUS

- Start with low impact jumps during the warm up
- Tendons are more effective when moving high loads
- Understand the type of pain before diagnosis, because **some** pain can continue with training
- The stretch-shortening cycle of plyometrics is the key to recovery
- A gradual onset of training of training speed and volume
- Watch for signs of pain at night or when walking

STRESS FRACTURES occur along the outer surface of the bone

Spot them early and they go away early.

- Reduce the training volume
- Change the type of training
- Check with other sports the athlete may participate in
- Do not allow female athletes to run if there are signs of malnutrition, cross training would be useful alternative, such as swimming and cycling
- The pain in Shin splints tends to disappear during the warm up, leading to false hope, but it comes back later with a vengeance. Possible cause could be excessive pronation, even a CT scan may not give a conclusive result

COMPARTMENT SYNDROME where blood flow is restricted in a specific area such as the calf due to a blow, tight dressing etc due to increased pressure

- There may be no pain while resting but increases with exercise
- Any tests need to be done immediately after training to be effective
- Try reduced dorsiflex of the foot with increased cadence or reduced stride length
- Examine the running style
- Increase hip flexion

POPITEAL ARTERY ENTRAPMENT. This artery runs through the back of the knee and pain in this area can often be misdiagnosed and blamed on the artery

- The pain is aggravated by exercise
- It can feel normal the next day
- Often worse when walking
- There will often be a variation in pulse on either side of the body
- An angiograph needs to be post exercise
- A clinical exam and investigation is the key