

THE GYM

A P O L L O B A Y

Running Free From Injury.

With just under a month to go to the GMHBA Great Ocean Road Marathon, it is important that you prepare your body in the best possible way. Since starting your marathon program, you would have felt a few aches and pains, and maybe you weren't too sure what they were. For new runners, it is important that you listen to your body and try and give it the attention that it deserves before risking any injury. Now unfortunately, not all of us can afford weekly massages or have our own personal massage therapist on standby. Or can we?

Foam rolling is a self-myofascial release (self massage) technique that has been around for a number of years. Foam rolling is a crucial tool for injury prevention and I strongly recommend to all my clients that they spend 5 to 10 minutes, using the Foam Roller before their training sessions.



GMHBA
**GREAT
OCEAN
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WHAT IS FOAM ROLLING

The Foam Roller that I recommend is 90cm long x 15cm in diameter and made of high-density foam. You can normally purchase one from \$50 - \$70. If you are a member of a gym, I can guarantee that they will have a few that you can use instead of buying one.

There are many different types of Foam Rollers on the market, I wouldn't recommend spending more than \$70.

WHAT TO DO WITH YOUR FOAM ROLLER

Below are four basic Foam Rolling exercises for your legs and hips that I recommend you do at least every second day, either at your local gym or even in front of the TV at home. You should incorporate these excises as part as your running program.

Quadriceps

Lie prone (face down), balancing with your arms bent as shown. Place the roller just below your hips and roll down to the top of your knee.

Go up and back for around 1 minute.



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Iliotibial Band (ITB)

Lay on your right side and place the foam roller under your hip. Using your arms as support, cross your left leg so that your foot is flat on the floor.

Start rolling from below your hip and travel to just above your knee. Take a steady pace and make sure you do each side for 1-2 minutes.

The ITB stabilizes the knee during running. Iliotibial band syndrome (runners knee) is the most common runners injury and sufferers normally feel a pain on the outside of the knee. If you feel that it is too painful to Foam Roll yourself then I would suggest you seek further assistance with a Physiotherapist or Myotherapist.

Piriformis (glutes)

Sit on the Foam Roller and place your hands behind you.
Put your left ankle on your right knee.

Lean into your left hip and roll forward and backwards in small movements looking for tender spots.

This will increase flexibility and mobility in your glutes.



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Calves

Sit on the floor with your legs out in front of you. Place the Foam Roller under your right calf and use your hands to lift yourself off the floor so the roller can travel the full length of your lower leg. Make sure you stop just before you get to the knee.

Travel up and back for 1 minute each side. If you need more resistance, place your opposite leg on top of the one that you are trying to roll.

This exercise helps to stretch and strengthen the lower leg. Both the Soleus and Gastrocnemius muscles stabilize the foot and the ankle.

Now you have the tools to help prevent yourself from any nasty injuries before race day. Make sure you stay consistent with your Foam Rolling just like you are with your training.

THE GYM Apollo Bay sells foam rollers like the one pictured above for \$50 each. If you would like one please feel free to call Lonnie on (03) 52371180 or email info@thegymapollobay.com.au to place your order.