



# STAMFORD STRIDERS

## RETURNING TO TRAINING AFTER INJURY

Everybody gets injured from time to time, that is a fact, so what should we do to return once again to our training?

It is so hard to pace yourself and keep perspective when coming back from an injury. You are so hungry to be back, that it is often hard to “hold back” a bit and allow your body to catch back up to where you want to be.

The best way to avoid pushing too much too soon is to lay out a timetable before you even begin training again. Set an outline of realistic goals you’d like to be meeting each week.

You can vary it bit include a little bit of gentle cross training like cycling and swimming, but for the most part stick to your timetable!

You will have days when you feel great, followed by days when you feel like you have taken 10 steps back.

Have a realistic timetable and follow it. If you come back too soon, you’ll end up right back where you started- injured!

It’s better to take 2-3 extra weeks to build up gradually and ease yourself back into training rather than hurry back, only to lose another 4-6 weeks and get another injury from over doing it, it’s just not worth it.

We know it can be tough to hold back when all you want is to be back out there pushing your body, but part of being a better runner is being able to train smarter.

So return to your training gradually and gently to allow your body time to get stronger and fitter again.