

There are a few guiding principles to avoiding and overcoming injuries

Exercise some caution



IT'S always disappointing and frustrating when you get an injury that prevents you from continuing your training. Today I offer some tips to help you prevent and overcome injuries.

**Strong muscles.** It is necessary to strengthen your body for the activity that you do.

If you are a runner, strengthen your glutes, quads, hamstrings and calves to prevent injury to your knees, ankles or hips. Include exercises like squats, lunges, hamstring curls and calf raises.

Cindy Parks, of Coastal Balance Physiotherapy and Clinical Pilates, says the VMO (vastus medialis obliquus), the quadriceps muscle on the inside of your knee, is important in knee rehabilitation exercises.

Apply correct exercise technique and ask your trainer and/or physiotherapist what exercises to include in your routine.

**Core strength.** A strong core is vital for most of our activities. Your core includes the muscles in the midsection of your body, back, hips and pelvic floor.



**Stretched:** High-impact activities like running can be hard on joints, so it's important to strengthen muscles to prevent injury.

The most common and effective exercise is the plank hold, where you hold yourself up on your elbows and toes and your body hovers over the floor like a plank. Activate your core as you hold this position.

**Stretch when warm.** It is important to stretch after workouts while your body is

still warm. Just like a rubber band, muscle fibres and ligaments will tear or strain if stretched cold.

**Rest** is essential in recovering from an injury. So make sure you give yourself time to recover.

Once recovered, return to training with caution and slowly progress intensity

and volume of exercise. Rest is also vital to include in your fitness regime so that you do not overtrain and risk injury.

If you do get injured, stop training and seek professional advice for treatment. Do not train or continue activity, this will only aggravate the injury.

To stay on track with

your fitness regime you may be able to train other body parts and include your rehabilitation exercises in workouts provided by your physiotherapist or other health professional.

Here is your program for week 10. Ensure that you do rest on your days off. No exercise!

di-fit.com.au

THE PROGRAM

DIANA from Di-Fit has teamed with the *Echo* to provide this spring fitness training program for readers.

Di, a fitness trainer and mother of two, is conducting the 12-week program and adjusting the regime each week along with plenty of valuable health and fitness tips.

Those keen to add group training to the program can join Di and others in a Saturday morning Di-Fit outdoor training session each week in Torquay.

The cost is \$10 a person, and Di-Fit donates 10 per cent of profits to breast cancer research.

To register, phone Di on 0419 322 243 or email di@di-fit.com.au.

TERMINOLOGY

**RUN** means cardio-vascular exercise that raises your pulse (aerobic exercises). The benefits of running are that your heart pumps blood more efficiently and will beat at a slower rate when resting. Your lungs will become more efficient at delivering oxygen. Endorphins will be released making you feel fitter and happier.

**RESISTANCE** means body weight and weight-resistant exercises (anaerobic exercises). They will thicken your heart's walls and make it stronger. They increase your bone density, building stronger muscles and connective tissues and increasing joint stability. They increase your calorie expenditure. Ultimately, they give you strength, tone and shape.

**REST** means a day off training. It's important for recovery and repair. Rest helps lean muscles grow.

**RECOVERY** means an active recovery. Do any activity you enjoy – perhaps tennis, chasey with your kids, golf, cycling or swimming.

DAY1

DAY2

DAY3

DAY4

DAY5

DAY6

DAY7

WEEK 10

RUN

RESISTANCE

REST

RECOVERY

RUN

RESISTANCE

REST

40 min walk/jog/run

40 min workout

Day off

Activity of choice

40 min walk/ jog/run

40 min workout

Day off

RUN

RESISTANCE

40MIN

10MIN

12MIN

6MIN

Walk/jog for 40 minutes – Run 30 mins and recover for 10 mins with a light jog/walk.

Walk or step ups (easy pace)

Part1 - 4 minutes Squats 20 second, 10 second rest (move to next exercise) Lunges 20 second, 10 second rest (move to back to first exercise) Part2 - 4 minutes Push-ups 20 second, 10 second rest (move to next exercise) Tricep Dip 20 second, 10 second rest (move to back to first exercise) Part3 - 4 minutes Plank hold 20 seconds, 10 second rest (move to back to first exercise) Lying Leg Raises 20 second, 10 second rest (move to back to first exercise)

Stretch glutes, legs, chest, shoulders, arms and abs.

For regular trainers:

- Do all parts of workout and replace some or all with alternate exercises below.
- Warm-up skipping with rope for 2 minutes and drop for 2 push ups. Repeat for 10 minute warm up.
- Fit ball squats
- Walking Lunges
- Feet Up Push Ups
- Tricep Push Ups
- Side Plank on toes – try balancing on one leg

Tip: houlders down and loosen your hands as you run

For regular trainers:  
Jog / Run for 40 minutes – 10 min warm-up pace, then 3 x 10 min intervals from fast, faster and fastest pace.

Tip: Do high knees and kick backs in your warm-up.