

Running physio: Are you running too fast to get that PB?

Running injuries are dreaded by every runner, however most of us seek a higher level of performance and the need to chase a new PB. To achieve a new PB, requires regular training, potentially an increase in volume or some harder sessions that may include hills, tempo/enduro based sessions, or intervals.

The harder sessions become the focus of performance improvements however all distance runners need to build a solid foundation, to earn the right to progress. **This foundation requires volume, and regular easy runs. Often the easy runs are described as running at conversation pace.** When meeting a runner, gaining an understanding of their training loads, running sessions is essential as part of their management. Some may be coached, but many others run it alone, flying solo.

It is quite common to have injured runners present, reporting that the training speeds of their long easy runs, and other easy runs are surprisingly at their marathon speed or even faster. This pattern of training is fraught with danger. These “easy” runs are too taxing on their musculoskeletal system, exposing runners to injury, and additionally the recovery will be harder making their following harder sessions even tougher to complete or done in an unrecovered state, further exposing the athlete to injury/overload.

It is important to keep the easy runs easy! There are training tools available online to assist in determining appropriate running speeds for various types of sessions, dependent on goals and current fitness levels. **The important component of running training is not just smashing a session, but being able to complete it, recover, then do it over and over again!** Enjoy your running.