



# CROSS COUNTRY

GO THE DISTANCE

Summer 2020

## SUCCESSFUL SUMMER TRAINING TIPS

- ✓ Develop a summer training schedule and stick to it!
- ✓ Stretch slowly before and after each workout – a few short hills or pick-ups after your distance runs will help preserve your speed
- ✓ Increase mileage gradually – especially when coming off an injury – too much, too fast will only lead to more injuries
- ✓ Log your miles and keep your record accurate and current – I will share a link for a spreadsheet where you can copy and paste your running data from your personal training log to the team log
- ✓ **Report your mileage weekly to me** – feel free to call every Friday to report mileage, race performances or just to let me know how your summer is going, but you should also enter it on the team summer training log
- ✓ Save your legs – run on the grass or other soft surfaces as often as possible over the summer
- ✓ We will have some team workouts over the summer, if the current circumstances allow us – more details will come
- ✓ Invest in a good pair of running shoes – worn shoes only lead to one thing...injury
- ✓ Maintain a well-balanced, nutritious diet and get sufficient rest
- ✓ Use the “Buddy System” – run with someone whenever possible, but maintain your social distance to ensure everyone’s well being
- ✓ Take advantage of summer road races – there are usually several each weekend throughout the summer
- ✓ If possible, incorporate some strength training into your routine – building in a couple weight workouts each week may help prevent leg injuries – with facilities closed, use your own body weight, milk jugs, stretch cords – just get creative
- ✓ If an injury does flare up, make sure you treat it properly
- ✓ When injured and unable to run, find alternative means to workout – water running, swimming and biking are all excellent forms of cross-training
- ✓ If you have any questions or problems, please do not hesitate to call me
  - Home – 755-2166
  - Work – 612-7319
  - E-mail – jan.ryan@thercfgroup.com

**Mr. “Meant-to”** has a friend  
And his name is **“Didn’t-do”**  
Have you ever met these fellows?  
Did they ever call on you?  
These two fellows live together  
In a house of **“Never-win”**  
And I am told that it is haunted  
By the ghost of **“Might have been.”**  
- Unknown

## WORKOUT TYPES AND DESCRIPTIONS

- There are three training tracks in the Excel Training Program included with this booklet – find the track which is best for you in your current condition – do not start too high; better to start lower and move up, if needed
  - Beginner – someone new to running or someone who has not been running at all or less than 15 miles per week for the last three months or more
  - Intermediate – someone who has been running 15-20 miles per week consistently for the last month or more (consistently is defined as every week or daily, depending where used)
  - Advanced – someone who has been running 5 miles per day at least 5 days a week consistently
- CP – Conversational pace – this means, your pace should be comfortable enough to hold a conversation with another runner, but it should not be a steady or continuous conversation
- HR – Hard run – this run should be a solid, all-out effort – give it your best shot!
- TR – Tempo run – this run should include an extended period where you are elevating your heart rate – you should not be able to carry a conversation at this pace
- S – Strides – these can go a long way to improving your leg speed and stride length – make sure you are extending those legs
- FR – Fartlek run – this type of run usually involves running at variable speeds, alternating moderate and fast or slow, moderate and fast
- CT – Threshold run – this pace should be approximately 45 seconds slower per mile than your hard run pace
- Hill Repeats – pretty self-explanatory, but allow for a two-mile warm-up, then do the specified number of 100-200 meter hills; after each hill, slow to a recovery jog and return to the starting point; immediately start the next hill; try not to stop through this process; wrap it up with a two-mile warm-down
- Intervals – start with a mile warm-up, then perform the specified number of intervals, finding your appropriate pace on the interval sheet; your rest should be the same amount of time as your designated interval pace; finish with a mile warm-down
- CU/MU/GA – Catch-up/Make-up/Get Ahead – use this day to catch up on a run you missed, to squeeze an extra run in or get a jump on your next week

**I can go the distance  
I will find my way if I can be strong  
I know every mile would be worth my while  
When I go the distance, I'll be right where I belong  
- Michael Bolton**

## FENWICK CROSS COUNTRY

### CHECKLIST ON HOW TO BE A SUCCESS

1. Establish a summer base of mileage (June, July, August) of over 500 miles for returning runners and 250-350 for new runners. BENEFIT: This is essential for ANY hope of success.
2. Run at least 2 (no more than 3 or 4) summer road races or summer track meets. BENEFIT: Provides experience and a chance to experiment and test your progress.
3. Personally recruit one person who has the potential to be a cross country runner. BENEFIT: Provides team depth, spirit and character.
4. For Veterans (1 year of running or more), run a slow continuous 90 minute run once or twice in June and 2-3 times in July. BENEFIT: Increases capillaries and efficiency. [Rookies go for 60 minutes.]
5. Cross train. Ride your bike, lift, swim and mow lawns. Add these activities to your running. BENEFIT: Variety, adds to running training, total conditioning.
6. Maintain a positive attitude. Always try to improve. Phone or visit other team members continually. Invite them on a run or give them a ride to conditioning or a race. BENEFIT: Building team unity.
7. Read and learn all you can about running and training. The more you know, the better you will be. Ask Coach for material or subscribe to a running magazine. BENEFIT: You become a smarter runner and a better competitor.
8. Lead a lifestyle conducive to winning. Regular sleep and a good diet are as necessary as daily running. BENEFIT: Your body functions best when it is on a regular schedule.
9. Communicate with your coach. Years of experience and knowledge could provide you with the difference between being good and great. Listen and share your ideas. BENEFIT: You will learn to develop effective race plans.
10. Ask yourself daily...What have you done TODAY to be the best possible runner? Winners make commitments. BENEFIT: You build self-discipline.

DID YOU KNOW ???

Science has proven that...

X

You can improve your speed only about 10%

XXXXXXXXXX  
XXXXXXXXXX  
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You can improve your strength about 300%,  
but most of it has no value for distance running.

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You can improve your endurance 2000% or more,  
and ALL OF IT IS USEFUL!

## CHAMP OR CHUMP ?????

### CHAMP !!!!!

1. Champ runs miles and miles in order to build a strong foundation of endurance. He knows that Cross Country Championships are really won in June, July and August.
2. Champ is a team man. He knows that team success is more important than personal glory. He encourages others and sets a good example. Champ has a positive, enthusiastic, winning attitude.
3. Champ is a consistent runner. He saves one, and usually two, periods a day for only running. Champ knows, as a distance runner, you are either getting better or getting worse.
4. Champ realizes he must get enough sleep and rest if he is going to keep improving and stay healthy. He tries to "live like a clock"- sticking to a set schedule. Champ uses his available time wisely.
5. As Champ gains in conditioning, he gradually increases the pace (speed) of his runs. He is continually improving to higher and higher levels of fitness. Champ has discovered **QUALITY MILES** (and quality performances).
6. Champ has a **GOAL**. He wants to be the best runner he possibly can be. Champ wants to develop his full potential. He wants to be the best. Champ is working to be a "Front Runner".
7. It is hot and humid: Champ runs in the early morning and in the evening. It is cold and snowing: Champ dresses properly and enjoys the wintery beauty. It is raining: Champ likes the variety and does a little more than originally planned. It is the big race: Champ does great!!!

### CHUMP ?????

1. Chump wishes he could be a winner, but doesn't understand how to do it. He is "too busy" to do what is necessary for success.
2. Chump hopes others will do less than him (if that's possible). He would like to be top man on a losing team. Chump is negative, a defeatist, a loser.
3. Chump might run if he can't think of a good excuse not to. He is never improving, but is always trying to regain what conditioning he once briefly had.
4. Chump thinks sixteen hours of sleep one night will make up for zero hours of sleep the night before. He tries to "burn the candle at both ends" and is soon burnt out.
5. Chump likes to jog - he has been jogging (off and on) for years. He is a jogger. Chump has discovered **Jogger Miles** (and jogger performances).
6. Chump wonders why others are so good. He thinks they must have more natural talent. Chump would be scared to be "upfront" in a race.
7. It is hot and humid: Chump takes a swim and a sunbath. It is cold and snowing: Chump thinks he might frostbite his lungs. It is raining: Chump does not want to get his always new shoes wet. It is the big race: Chump didn't even qualify.

CHAMP OR CHUMP ?????

CHAMP !!!!!

8. Champ is psychologically prepared. He knows he will run a good race since he has done all within his power to prepare himself properly. Champ is "psyched-UP", ready for a great race.
9. Champ prepares and trains season by season and year by year. He can see steady progress over a long period of time. Champ knows that his investments of time and energy will pay large dividends in the future.
10. Champ is proud to be a distance runner. He knows his internal physical and mental strengths place him in the top 1% of the world's population. Champ takes great pride in his and his team's performances.
11. Champ respects those of more experience and/or knowledge. He tries to learn from them and allows them to pull and push him to better performances.
12. Champ is not satisfied with anything less than his best.  
"If better is even possible, good is not enough."

CHUMP ??????

8. Chump is unsure of himself. He knows he is not ready and looks for an easy way out. Chump is "psyched-OUT", ready for a poor performance.
9. Chump is impatient. It looks so easy and quick for others - why not for him? Chump would rather have instant fun than lasting achievement & personal satisfaction.
10. Chump wishes he was 6'8" and weighted 305 pounds or, at times, wishes he was the local video-game champ. It often seems Chump would rather be a spectator than a participant.
11. Chump resents anyone superior to himself. He tries to find faults in them and tries to lower them to his level.
12. Chump is satisfied with about anything. At least he is not always the worst.

Champ or Chump? (the difference is "U")

### Contact

When we say that you should always maintain contact, we mean that you should always try to stay within striking distance of the man ahead of you. In a tough two or three-mile cross country race, you should never let a man get more than 40 or 50 yards in front of you if you expect to beat him. Derek Ibbotson, former world record holder (3:57.2) in the mile, has this to say about maintaining contact: "If a runner is dropped by the leaders he cannot normally get back in touch again. There is no point in trying to save a sprint finish if you are too far back to use it. It is strange that many runners allow themselves to fall back and then do not lose ground when a hundred yards back. Psychologically, it is better to stay up front because if a leader tried to break away you are in a position to go with him." A true fighter simply will not allow the others to pull away from him--if they go he goes. The greatest asset a cross country runner can have is the determination to get on a fast pace and stick with it, no matter what!

### Kick

This is the acceleration that a runner produces toward the end of the race. Many a race has been won or lost by the amount of kick a runner has been able to pull from within himself. This acceleration is produced by pumping the arms harder, lifting the knees, and lengthening the stride. The harder you pump your arm, the faster your legs will go. Try it and see.

### Finish

You should assume that each race you run is the distance of the race plus ten yards. Never slow down until you are well past the finish line. In a large meet, even a slight slowing down before you are in the finish chute can result in defeat. Don't spoil a good effort by giving up too soon.

### Training Notes

1. You are placing tremendous physical demands upon your body. Sleep is the one thing that will allow your body to rebuild itself after a workout to be stronger than it was before the workout. You should attempt to get  $8\frac{1}{2}$  to 9 hours of sleep a night. It is not always possible to get this much sleep, but if you organize your time carefully, you should come close on most nights. When a meet is coming up, it is very important that you get enough sleep two nights before the race.
2. Eat lots of good wholesome food. Be sure your diet is well-balanced.
3. The use of alcohol or tobacco is prohibited. It has been proven that these things will be harmful to your performance.



4. Dress properly for the workouts. Have sweats available in case of cold weather.
5. Allow yourself enough time to warm-up and warm-down gradually. The warm-up before the meet is essential for a good performance. The warm-down after the meet is necessary to speed recovery and insure that the athlete will be more prepared to resume training the next day.

### Essential Ingredients For Success

In cross country, as in life itself, there are three essentially important ingredients for success. The first, and least of these, is natural ability. Ability is important, but it is not as important as the following two ingredients for success. Of second greatest importance is hard work. The days of easily earned success have passed. Long hours of rigorous work are necessary to achieve any degree of success. The greatest asset of all, however, is desire. Call it guts, heart, determination or the competitive-spirit--there is no substitute for it. If you have the desire you will do the hard work. You will punish yourself and come back for more. You will shrug off minor injuries that all runners are plagued with. You will attend every practice, rain or shine, and you will put out. Remember, a feeling of being tired is not necessarily physical fatigue.

### Training Tips

1. Never quit a practice, trial, or meet. Develop staying power, not the quitting habit.
2. The more work you do, the more work you will be able to do.
3. Relaxation is the key to successful running.
4. Take good care of your body, especially your feet.
5. Keep your equipment clean and in good condition - take pride in yourself.
6. Be on time - lack of punctuality is inconsiderate for those who are waiting on you.
7. Remember, anyone can be ordinary, but it takes courage to excel.
8. Every man can be a good cross country man - desire and hard work are the keys.

### Strategy in Cross Country Running

Many times the difference between victory and defeat in cross country is simply due to the strategy used. Many of the following points on strategy are obvious, but be sure you don't neglect to use them.

1. When passing an opponent, do it quickly and with determination. Give your opponent the impression that you are fresh. Don't slow down until you have opened up a lead. Otherwise, you will be helping your opponent by setting the pace for him.
2. Avoid setting the pace on a very wet, or snowy, or windy course. If possible let your opponent lead for a while. Avoid looking at your opponent's feet; look at his back.
3. Do not think about yourself and how tired you are. Disguise your weary feelings. Look for signs of fatigue in

- your opponent.
4. Checking out--this is a method of strategy that all good cross country men use. This simply means that whenever you are hidden from your opponent, you accelerate rapidly for a short distance. Thus, when you go around a corner, or over a hill, or into or out of the woods, you accelerate. If you were behind, you will gain on your opponent. If you were ahead, you will increase your lead. This is very discouraging to him when he again catches sight of you. If he also checks out, then you will not have lost any ground.
  5. Talk to each other and help each other out. Run as a team--encourage your teammates. Group running is the key to successful cross country teams.
  6. Stay alert and think at all times. You may very well have to change tactics as the race progresses. Do not go to sleep mentally. At all times you should know your position in the race. Count the men in front of you to see where you stand.
  7. Bottleneck areas--know where the bottleneck areas are on the course and get there first. Many times a jam will occur at a bottleneck area--don't get caught and lose valuable seconds. Never let anyone pass you when you are approaching a single file or bottleneck area. An example of a bottleneck area would be when you must make a sharp turn around a flag.
  8. Know the course in detail. We will always try to jog and walk over the course ahead of time. As we do this you should plan how you are going to run your race. You should know the course well enough so that you could lead the race -- as well you might!
  9. The best and simplest of all tactics is to lead the race from the start to the finish. This takes great courage and determination.
  10. Always run as a group. Try to stay together with your teammates who have been running a little faster than you. NEVER slow down to run in a group.
  11. In the first part of the race, get clear of the mob and maintain a fast pace for a short time before getting down to your more relaxed race pace. It must be remembered that a steady continual grind at the same stride tends to tire the muscles. To relieve this, change the length of your stride. bound a little, or rise on the toes from time to time (This is done for only a few strides, not 50 yards). You can break the tenseness in the body by changing position - leaning forward and back. Your arms will loosen up letting them briefly hang loosely at your sides.

# FENWICK CROSS COUNTRY

| Max Speed<br>for 1 Mile | Max Speed<br>for 400M | 5000M<br>Race Pace | 3-4<br>Repeat<br>Miles | Hard Tempo<br>Continuous | 1 Hour<br>Aerobic | 1 1/2 - 2 Hr<br>Steady State | 1:1<br>Run:Rest<br>#10-12 | 1:1 1/2<br>Run:Rest<br>#14-16 | 1:2<br>Run:Rest<br>#18-20 |
|-------------------------|-----------------------|--------------------|------------------------|--------------------------|-------------------|------------------------------|---------------------------|-------------------------------|---------------------------|
| 4:00                    | 50                    | 13:30              | 4:20                   | 5:00                     | 5:20              | 5:50                         | 60-62                     | 64-66                         | 66-68                     |
| 4:10                    | 52                    | 14:00              | 4:30                   | 5:10                     | 5:30              | 6:00                         | 62-64                     | 66-68                         | 68-70                     |
| 4:20                    | 54                    | 14:30              | 4:45                   | 5:20                     | 5:40              | 6:10                         | 64-66                     | 68-70                         | 70-72                     |
| 4:30                    | 56                    | 15:00              | 4:55                   | 5:30                     | 5:55              | 6:20                         | 66-68                     | 70-72                         | 72-74                     |
| 4:40                    | 58                    | 15:30              | 5:05                   | 5:40                     | 6:10              | 6:35                         | 68-70                     | 72-74                         | 74-76                     |
| 4:50                    | 60                    | 16:00              | 5:15                   | 5:55                     | 6:20              | 6:50                         | 70-72                     | 74-76                         | 76-78                     |
| 5:00                    | 62                    | 16:30              | 5:25                   | 6:10                     | 6:35              | 7:15                         | 72-74                     | 76-78                         | 78-80                     |
| 5:10                    | 64                    | 17:00              | 5:35                   | 6:20                     | 6:45              | 7:25                         | 74-76                     | 78-80                         | 80-82                     |
| 5:20                    | 66                    | 17:30              | 5:45                   | 6:30                     | 6:55              | 7:35                         | 76-78                     | 80-82                         | 82-84                     |
| 5:30                    | 68                    | 18:00              | 6:00                   | 6:40                     | 7:15              | 7:45                         | 78-80                     | 82-84                         | 84-86                     |
| 5:40                    | 70                    | 18:30              | 6:15                   | 6:50                     | 7:30              | 7:55                         | 80-82                     | 84-86                         | 86-88                     |
| 5:50                    | 72                    | 19:00              | 6:25                   | 7:00                     | 7:45              | 8:10                         | 82-84                     | 86-88                         | 88-90                     |
| 6:00                    | 74                    | 19:30              | 6:35                   | 7:10                     | 8:00              | 8:25                         | 84-86                     | 88-90                         | 90-92                     |
| 6:10                    | 76                    | 20:00              | 6:45                   | 7:20                     | 8:15              | 8:45                         | 86-88                     | 90-92                         | 92-94                     |
| 6:20                    | 78                    | 20:30              | 6:55                   | 7:30                     | 8:30              | 9:00                         | 88-90                     | 92-94                         | 94-96                     |
| 6:30                    | 80                    | 21:00              | 7:10                   | 7:40                     | 8:45              | 9:15                         | 90-92                     | 94-96                         | 96-98                     |
| 6:40                    | 82                    | 21:30              | 7:20                   | 7:50                     | 8:55              | 9:35                         | 92-94                     | 96-98                         | 98-100                    |
| 6:50                    | 84                    | 22:00              | 7:30                   | 8:00                     | 9:10              | 9:45                         | 94-96                     | 98-100                        | 100-102                   |
| 7:00                    | 86                    | 22:30              | 7:45                   | 8:15                     | 9:20              | 9:55                         | 96-98                     | 100-102                       | 102-104                   |
| 7:10                    | 88                    | 23:00              | 7:55                   | 8:25                     | 9:35              | 10:05                        | 98-100                    | 102-104                       | 104-106                   |
| 7:20                    | 90                    | 23:30              | 8:05                   | 8:40                     | 9:45              | 10:15                        | 100-102                   | 104-106                       | 106-108                   |
| 7:30                    | 92                    | 24:00              | 8:15                   | 8:50                     | 10:00             | 10:25                        | 102-104                   | 106-108                       | 108-110                   |
| 7:40                    | 94                    | 24:30              | 8:25                   | 9:00                     | 10:10             | 10:40                        | 104-106                   | 108-110                       | 110-112                   |
| 7:50                    | 96                    | 25:00              | 8:40                   | 9:10                     | 10:20             | 10:50                        | 106-108                   | 110-112                       | 112-114                   |
| 8:00                    | 98                    | 25:30              | 8:50                   | 9:20                     | 10:35             | 11:00                        | 108-110                   | 112-114                       | 114-116                   |
| 8:10                    | 100                   | 26:00              | 9:00                   | 9:30                     | 10:45             | 11:10                        | 110-112                   | 114-116                       | 116-118                   |
| 8:20                    | 102                   | 26:30              | 9:15                   | 9:40                     | 10:55             | 11:25                        | 112-114                   | 116-118                       | 118-120                   |
| 8:30                    | 104                   | 27:00              | 9:25                   | 9:50                     | 11:10             | 11:35                        | 114-116                   | 118-120                       | 120-122                   |
| 8:40                    | 106                   | 27:30              | 9:35                   | 10:00                    | 11:20             | 11:45                        | 116-118                   | 120-122                       | 122-124                   |
| 8:50                    | 108                   | 28:00              | 9:45                   | 10:10                    | 11:30             | 11:55                        | 118-120                   | 122-124                       | 124-126                   |
| 9:00                    | 110                   | 28:30              | 9:55                   | 10:20                    | 11:45             | 12:10                        | 120-122                   | 124-126                       | 126-128                   |
| 9:10                    | 112                   | 29:00              | 10:10                  | 10:30                    | 11:55             | 12:20                        | 122-124                   | 126-128                       | 128-130                   |
| 9:20                    | 114                   | 29:30              | 10:20                  | 10:40                    | 12:05             | 12:30                        | 124-126                   | 128-130                       | 130-132                   |
| 9:30                    | 116                   | 30:00              | 10:30                  | 10:50                    | 12:15             | 12:45                        | 126-128                   | 130-132                       | 132-134                   |

+/- 15 sec.      92%      180/190 beats/min      160-180 beats/min      130/150 beats/min  
 80%      75%      70%      400 Training Ratio

## MINIMIZE INJURY!

If you use consistency and common sense many injuries can be avoided. Consistency is so important. An inactive muscle loses strength and tone. Sudden bursts of activity overwhelm it and an injury may result. This scenario often occurs with athletes who participate on a team. They are very active during one season. The muscles and joints are fine. Once the season ends they go into semi-retirement. Two or three weeks of inactivity require three or four weeks of training to regain the previous level of fitness.

The body needs stress, training, in order for it to improve and become stronger. Without stress, atrophy occurs and it weakens. Continued improvement requires adjusting to an increasing training load level. The adjusting or adapting is critical. Most injuries occur from overuse. The body is not ready for this new amount. It cannot successfully accommodate it. Not enough rest or recovery time is available. Too much running, too soon, at too fast a pace creates soreness. That can lead to injury if the symptoms are not heeded.

## SHIN SPLINTS

1. Most young athletes at one time or another will suffer from pain in the lower leg. Pain along the shin is the most common complaint. This condition has generally been called shin splints. Two other conditions which can cause similar pain are anterior compartment syndrome and stress fractures. Both occur less frequently than shin splints, however, they can be more disabling. Therefore, it is suggested that an athlete see a physician when "shin pain" occurs so that the correct diagnosis can be made and treatment/rehabilitation begun.

There are several causes for shin splints. Among these are:

1. Poor condition of the athlete/too much, too fast.
2. Lack of warm up/stretching.
3. Improper training habits. Running on hard surfaces and running a lot of hills.
4. Poor footwear.
5. Weak arches or other foot imbalance problems.
6. Switching from hard to soft surfaces or vice versa.
7. Returning too soon from an injury.
8. Poor running form.

Track athletes probably have the greatest number of shin splints. Shin splints can also occur in cross country, football, basketball and many other sports that involve a lot of running and jumping. An athlete with shin splints will complain of pain on the inside or outside of the shin. They may have pain climbing stairs, running, and pulling their feet up. Shin splints can last for days or weeks.

There are a variety of ways to treat shin splints and your physician may try several. One may be complete rest until the symptoms disappear, and then gradual building back up to the event. A pad under the heel may be used to absorb the shock of running or an arch support or other shoe insert can be worn. Physicians will prescribe a special treatment program based on the cause of the problem. The best method to treat shin splints is to prevent them in the first place.

2. There are several preventative measures that can be taken:
  1. Wear a good running shoe with a good arch support and a firm heel.
  2. Stay off concrete surfaces. Run on soft level ground or a resilient track.
  3. Make sure the athlete is in condition by utilizing off-season conditioning programs.
  4. When running on a track with tight turns, change direction half way into the workout.
  5. Start slow, build gradually.
  6. If shin splints occur rest and seek medical attention.
  7. Certain stretching exercises done before and after practice are important.
  8. Strengthening exercises should become routine.
  9. The use of ice pre and post exercise helps to decrease pain and inflammation.

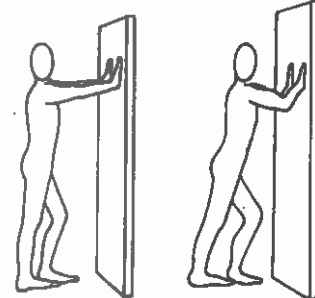
By following these preventative measures shin splints can be reduced in your athletic programs.

### 3. STRETCHING EXERCISES

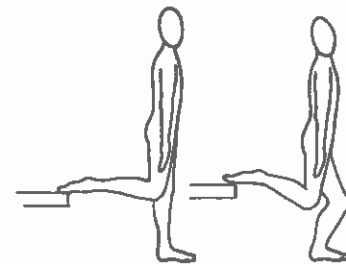
The following stretching exercises should be done in the morning, before and after workouts, and before bed. Hold each

stretch for 30 seconds and repeat 5 times.

1. Facing wall, one foot up, one foot back
  - A. Back leg stays straight, heel on ground — lean hips toward wall until stretch is felt in calf — HOLD
  - B. Both legs bent, heel on ground — bend knees slightly until stretch is felt in the lower calf — HOLD



2. Place top of foot on chair or table (only 1/2 of foot nearest toes should be on table) — bend opposite knee to create stretch in front of leg — HOLD

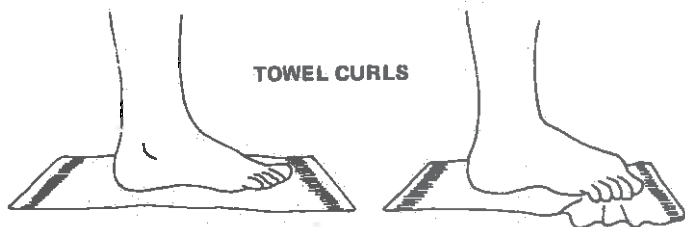


### 4. STRENGTHENING EXERCISES

1. Use a weight boot or ankle weight on the foot. (for strengthening sides and front of lower leg)
  - A. Draw the toes up directly toward the shin.
  - B. Raise the foot up & to the inside.
  - C. Raise the foot up & to the outside.
  - D. Circle the foot in both directions.

— Repetitions — 2 sets of 15 each motion.  
— The same exercise can be done using the resistance of rubber tubing in place of the weight (except for circles).
2. Toe Raises (for calf)
  - Feet placed 12 inches apart, slowly raise to the balls of the feet, hold for 2 counts and return to starting position. To make more difficult, drop heel off of step or stand on incline before raising.
  - Repetitions — 2 sets of 25-50
3. Heel walk (for muscles in front of leg)
  - Stand on both heels, walk 300 ft (or until fatigued) on heels only.
4. Towel curls
  - Sit with feet resting on towel on floor
  - Curl toes and gather towel under arch of foot
  - Rest frequently to avoid cramping
  - Repeat 3 towel lengths

## SHIN SPLINTS (Cont.)

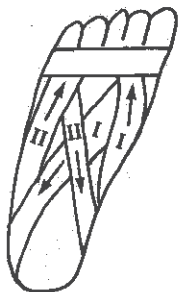


### 5. ICE MASSAGE

Using a paper or styrofoam cup that has been filled three quarters with water and frozen, peel down the top of the cup and rub the ice directly onto the sore shin for 10 minutes.

### 6. SUPPORTIVE TAPING

An arch tape job can provide support for shin pain that is due to a weak or falling arch. It is very simple and is illustrated below.



- crossing strips go across foot, around heel, up the side of the back to where they originated.
- 2-3 layers of crosses are used, then secured with another anchor.
- close with horizontal strips 1/2 way around the foot (open on top)

### 7. CONCLUSION

Shin splints are very painful and often hinder an athlete's performance and training. Preventative measures can, and should be taken. The athlete's shoes should be checked prior to beginning conditioning and careful consideration should be given to surface used for training. The stretching and strengthening exercises are easily incorporated into the daily routine. A few minutes taken during each exercise session for these measures may keep the athlete healthy and participating fully without shin pain. It should be emphasized, however, that even though measures are taken, shin splints may still occur. If they do, medical attention should be sought. Shin splints must not be left untreated. An individualized program including stretching, strengthening, heat, or ice is needed to alleviate not only the pain, but to overcome the source of the problem.

Dr. Brueggemann has served as team physician at Covington Catholic High School, Covington, Kentucky for the last 18 years.

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