



SECOND SUMMIT

HEALTH & PERFORMANCE

Pain Management Tips For Runners

PAIN AFTER A RUN?

- Decrease running pace for 2 weeks. Then gradually increase back to tolerable levels.
- Split one run into two sessions (ex: morning run + evening run).
- Other current life stressors? Consider decreasing training intensity or take 1-2 days off.
- Consider decreasing longer runs temporarily.

PAIN AT X MINUTES INTO A RUN?

- Run 5-10 minutes with pain (if tolerable). Does pain worsen the next day?
 - **YES** → back off temporarily (e.g decrease the runs by 10-15 minutes) for 1-2 weeks then slowly build back up again.
 - **NO** → continue with your training plan but proceed with caution.
- Decrease intensity during the week. (e.g. drop a speed run)
- Add cross-training in place of a run (e.g. stairs, hills, strength training)
- Increase running frequency but decrease duration 10-15 minutes less of when the pain begins.

PAIN BEGINS IMMEDIATELY AT START OF RUN?

- **Don't judge a run by the first 10 minutes.** The goal is to find the amount of running you can tolerate.
- Replace 1-3 running sessions with hard walking (harder than it sounds). Aim for ~9min, 1km pace.
- Add walk breaks (ex: run 5-min : walk 1-min)

STILL HAVING DIFFICULTY RUNNING PAIN FREE AFTER TRYING THESE TIPS?

Book an assessment with our sports chiropractor to figure out what's contributing to your pain so we can get you back out on the trail! Visit us at www.secondsummithealth.com to book your visit.

