

# **The Overtraining Myth:**

**-Recognizing Underdevelopment in the Runner's Body**



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**Board Certified Sports Specialist**  
**Tactical and Performance Specialist**







# Running doesn't fix what running exposes.







# The Runner who kept Resting







# Every Season Same Cycle...



**How can we  
break this cycle?**





# Common Myth #1

**“They’re  
overtrained”**







**Myth #2:  
“They Peaked  
too early”**





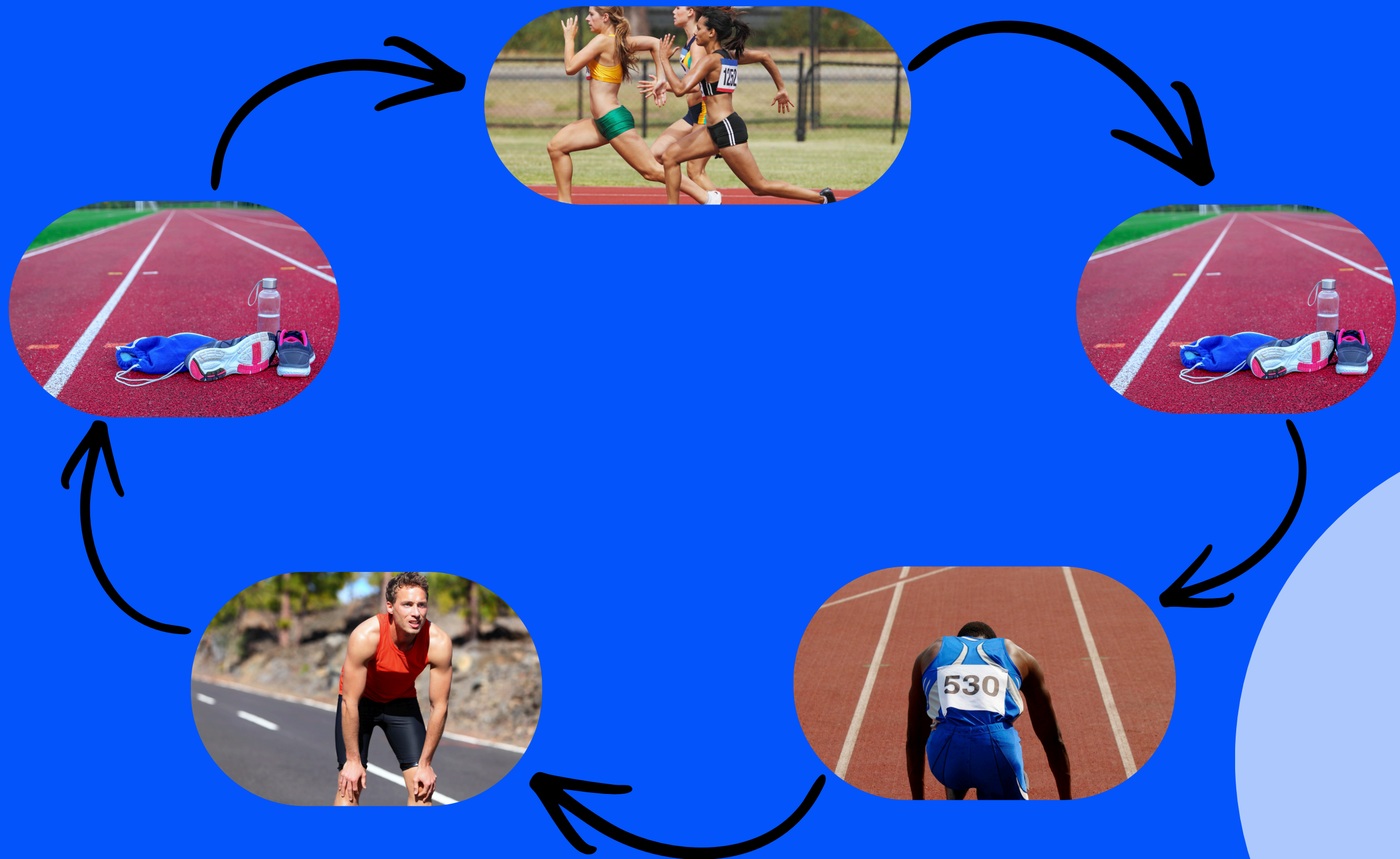
# **Myth #3: “Stay off of it for 2 weeks”**



**How frustrating is that?!**



# Passive Rest Cycle







**What if the problem  
isn't overtraining or  
milage?**







# Underdevelopment

=

**Insufficient Force Capacity +  
Coordination &/OR Lacking  
proper capacity to sustain  
periods of activity**







# What do I look for as a Sport Physical Therapist?

- **Running Gait**
- **Instabilities (rotational/lateral)**
- **Mechanical Loading**

**What can you as a coach look for?**



# VALD

PERFORMANCE





# Assessing Beyond Mileage



## Force Absorption



## Force Redirection



## Force Expression Under Fatigue





# Assessing Beyond Mileage

**Force Absorption**



**Reactive Strength**

**The ability to dynamically absorb forces from multiple planes of torque/resistance**



**Why is this so  
important?**





# **#1 Reason for non-contact injuries...**

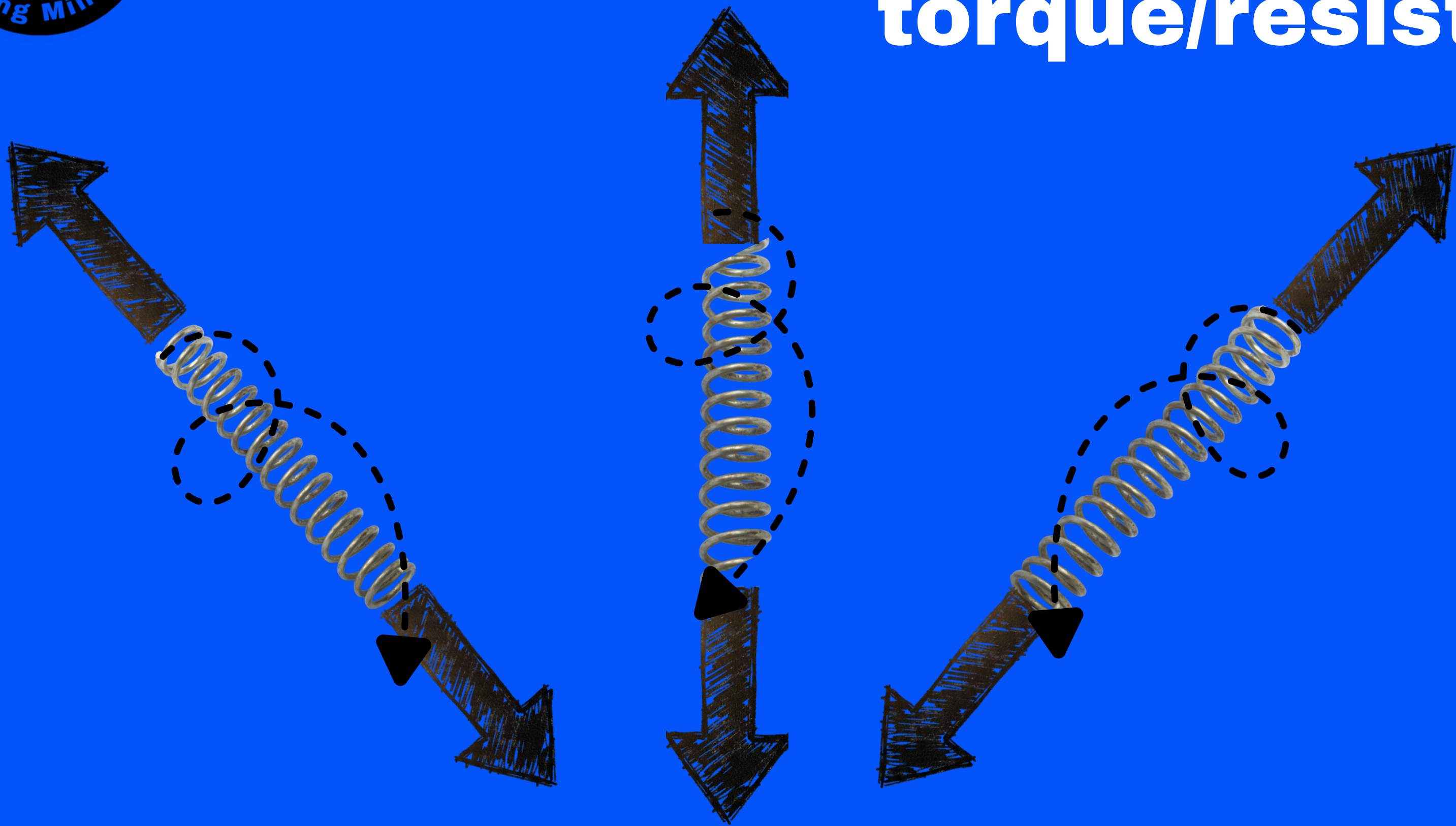


**occurs during deceleration**





# There are multiple planes of torque/resistance

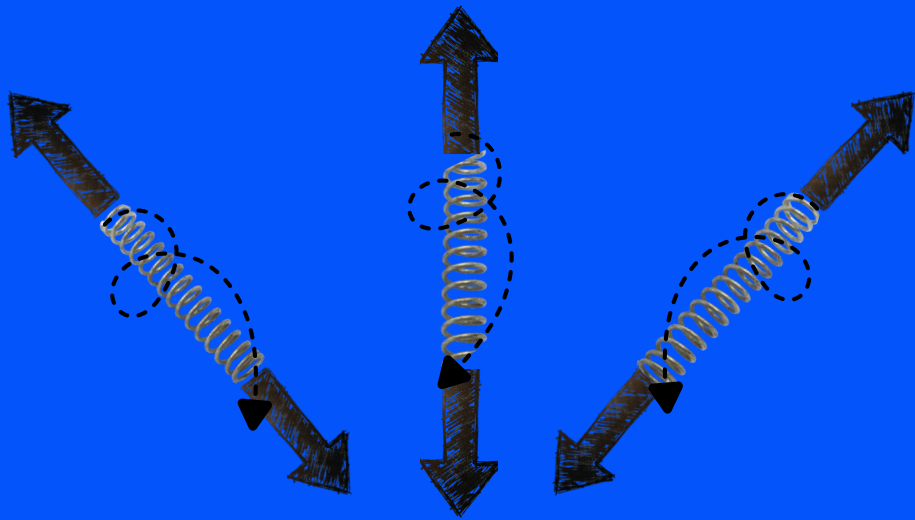


**Activity  
Time!**





# There are multiple planes of torque/resistance





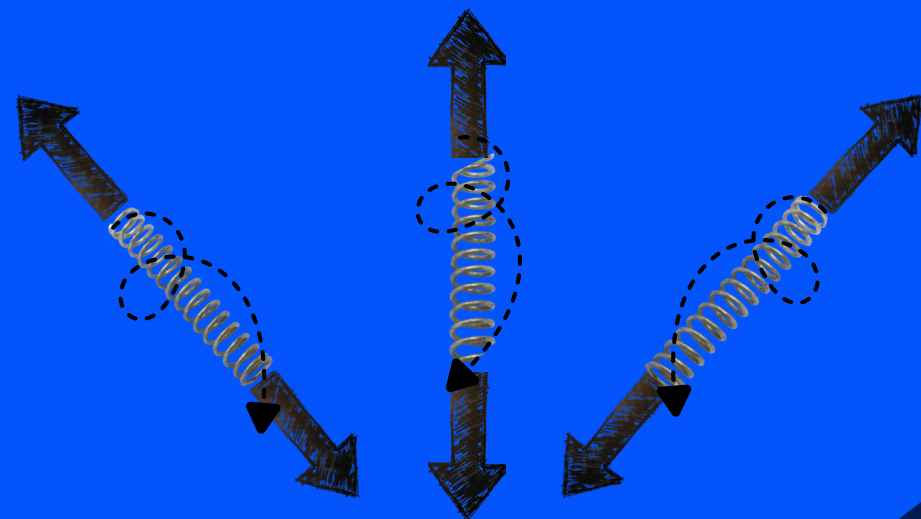


# There are multiple planes of torque/resistance

Tendons

Tendons

Tendons



Tendons

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Why do we develop shin splints?





# The Deadlift Test

**What does  
2.5x BW looks  
like...**

**What we see...**

**vs**

**What are body feels**



**1x BW= 135lbs**



**135+200lbs= 335lbs load**

**How is this  
possible?**





# How Tendons Work

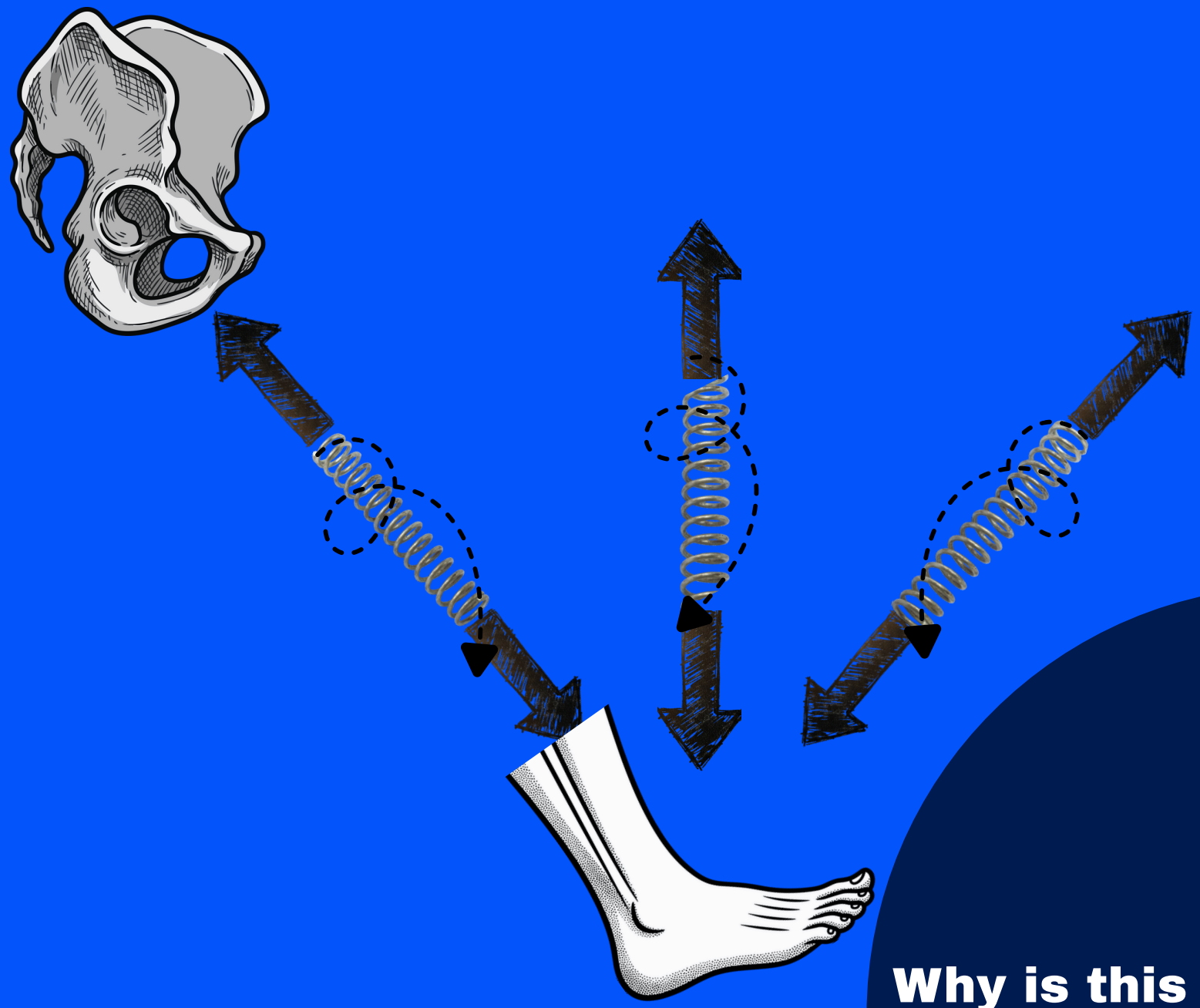


**Why do we develop shin splints?**





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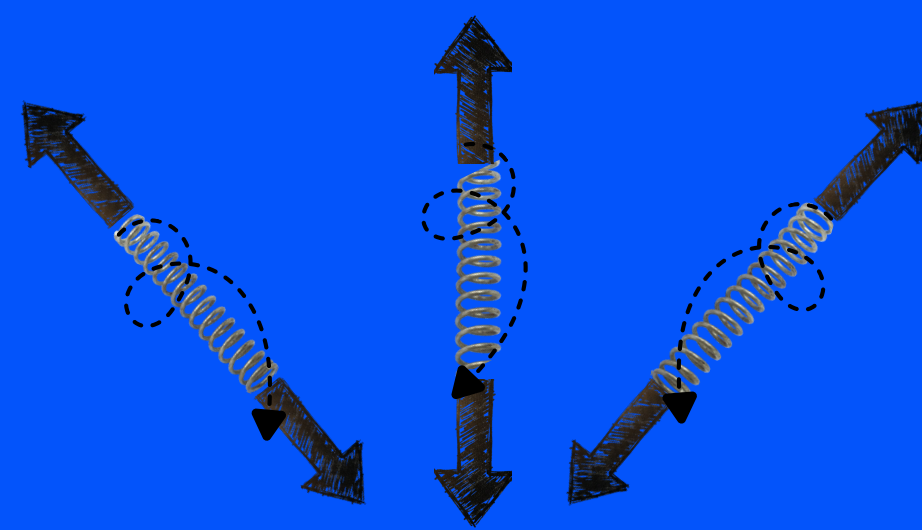


Why is this bad?





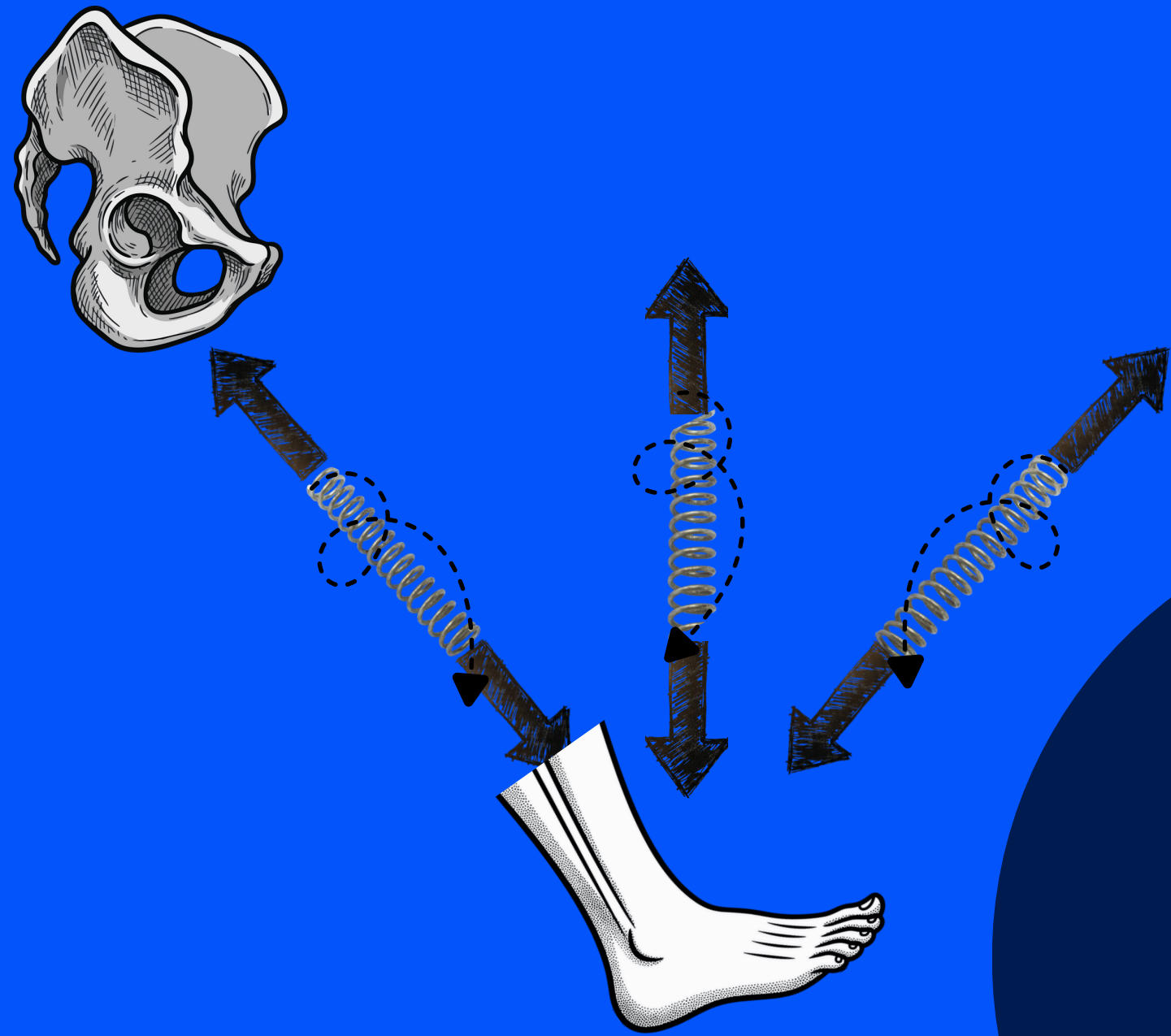
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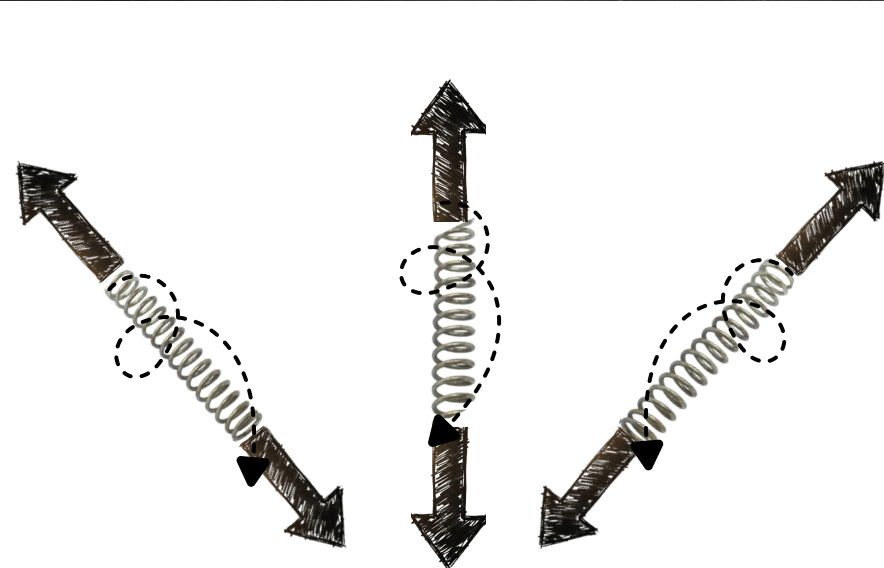
# Assessing Beyond Mileage

## Force Redirection



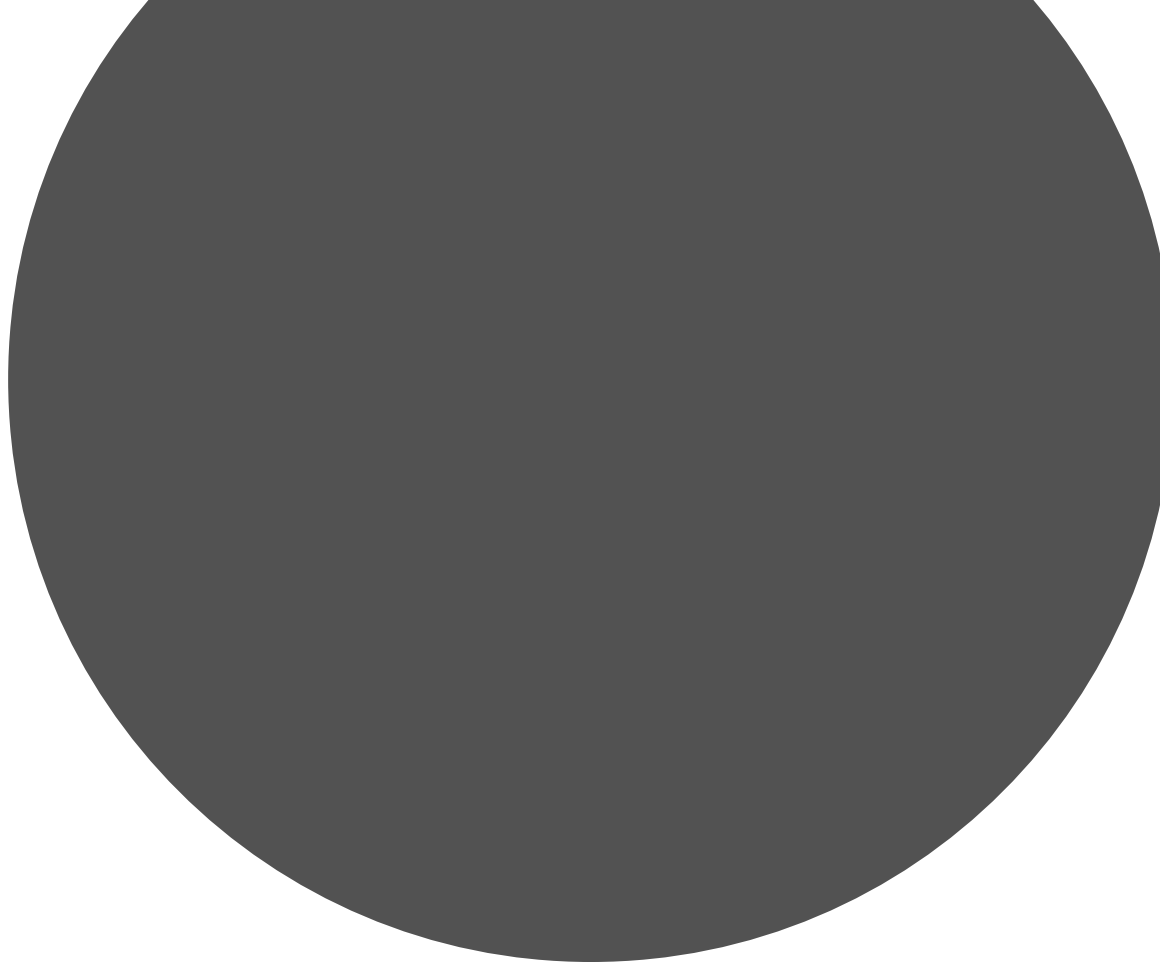


# Redirection





# Assessing Beyond Mileage



## Force Expression Under Fatigue





# Assessing Beyond Mileage

**What you train your body to do, it will do.**

**If they don't know how to move... they will not know how to move.**

**How are you  
training movement  
patterns?**







**Miles reveals Capacity,  
It does not create it...**



**Case Study**





# **Volume becomes a magnifying glass...**

**Coaches don't  
break athletes-  
systems do**

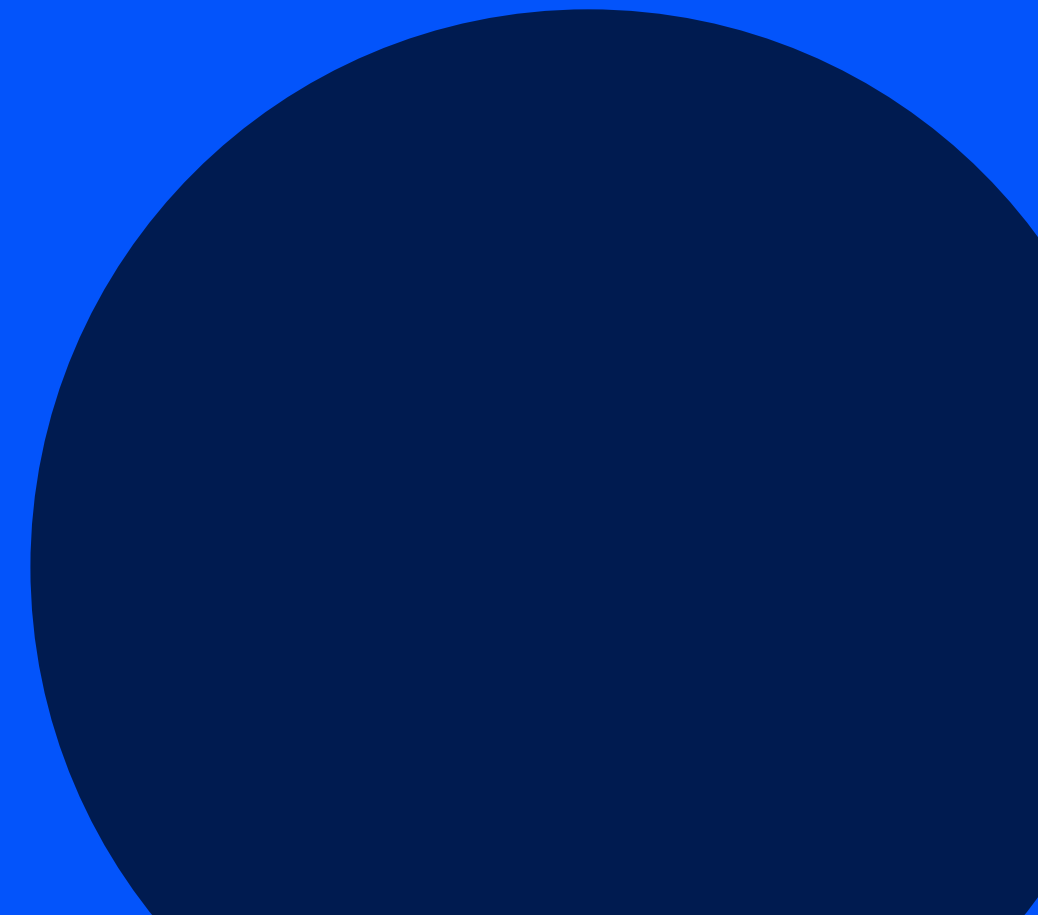
**Volume doesn't  
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**Case Study**





# 31 y/o male training for a marathon







# **31 y/o male training for a marathon**

## **Preseason** → **Training:**

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**Miles- 55/week**

**Long Run pace- 9:00-9:30/mi**

**Time trial- 7:40-8:00/mi**

**Strength Train 3x/week**





# **31 y/o male training for a marathon**

**Preseason Training:** → **Ran Half Marathon at Turkey Trot...**

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## \*Post Injury\*:

Miles- 40/week  
Long Run pace- 9:10  
Time trial- 7:31  
Strength Train 3x/week



# Principles to Live by:

## “Capacity before Volume”

**You Can't Condition what  
you can't control...**





# Principles to Live by:

## “You need brakes before racing the car”



**No control-  
Injury prone**





# Principles to Live by:

## “Coordination before conditioning”

## Conditioning reinforces movement patterns





# Principles to Live by:

## “Know your Gait”



**Is it Long or short distance  
run?**





# Thank You

**P r i n c i p l e d   B a s e d   P r e v e n t i o n**

**Standy by for**

**Session 2 in HOW to implement  
these principles**

