

The Overtraining Myth:

-Recognizing Underdevelopment in the Runner's Body



The Nike Track Clinic
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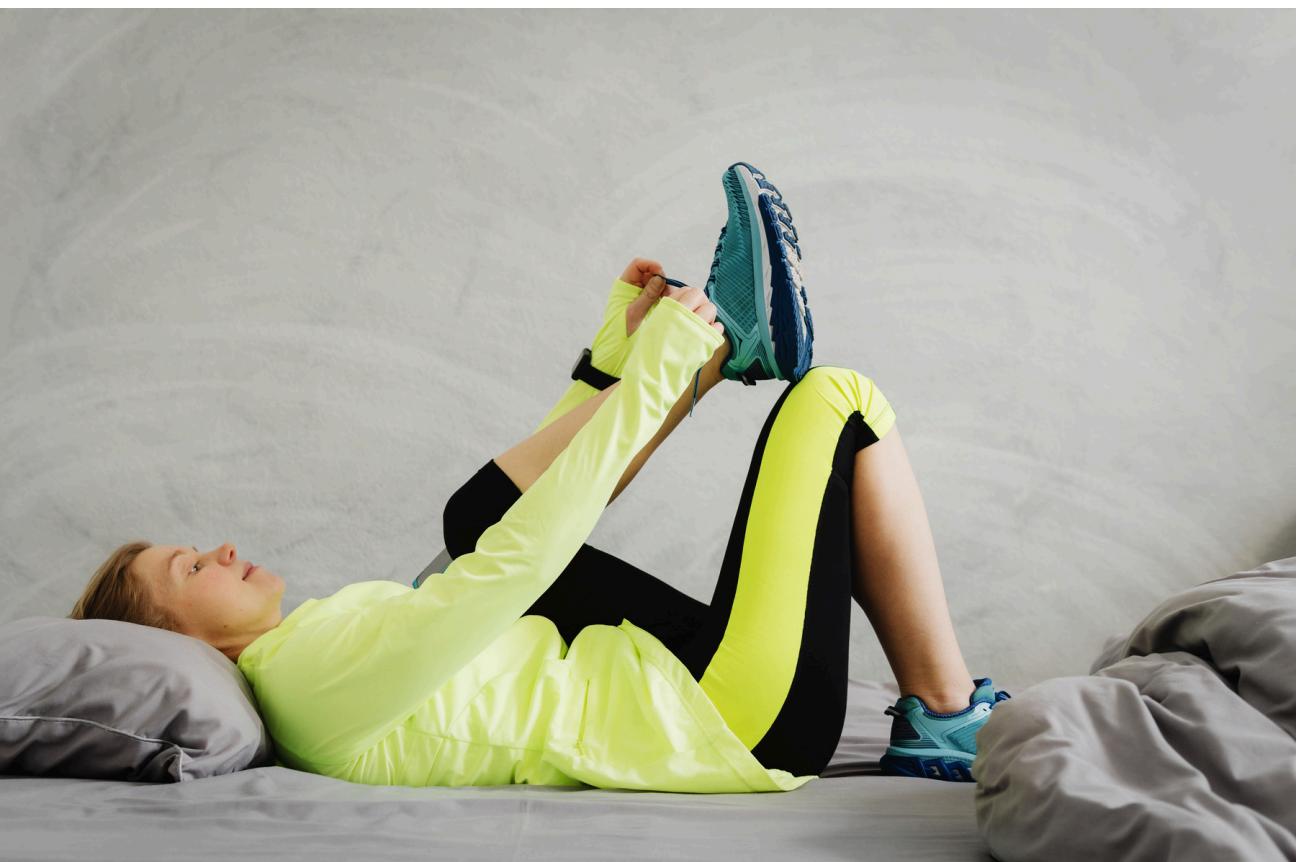


Running doesn't fix what running exposes.





The Runner who kept Resting





Every Season Same Cycle...



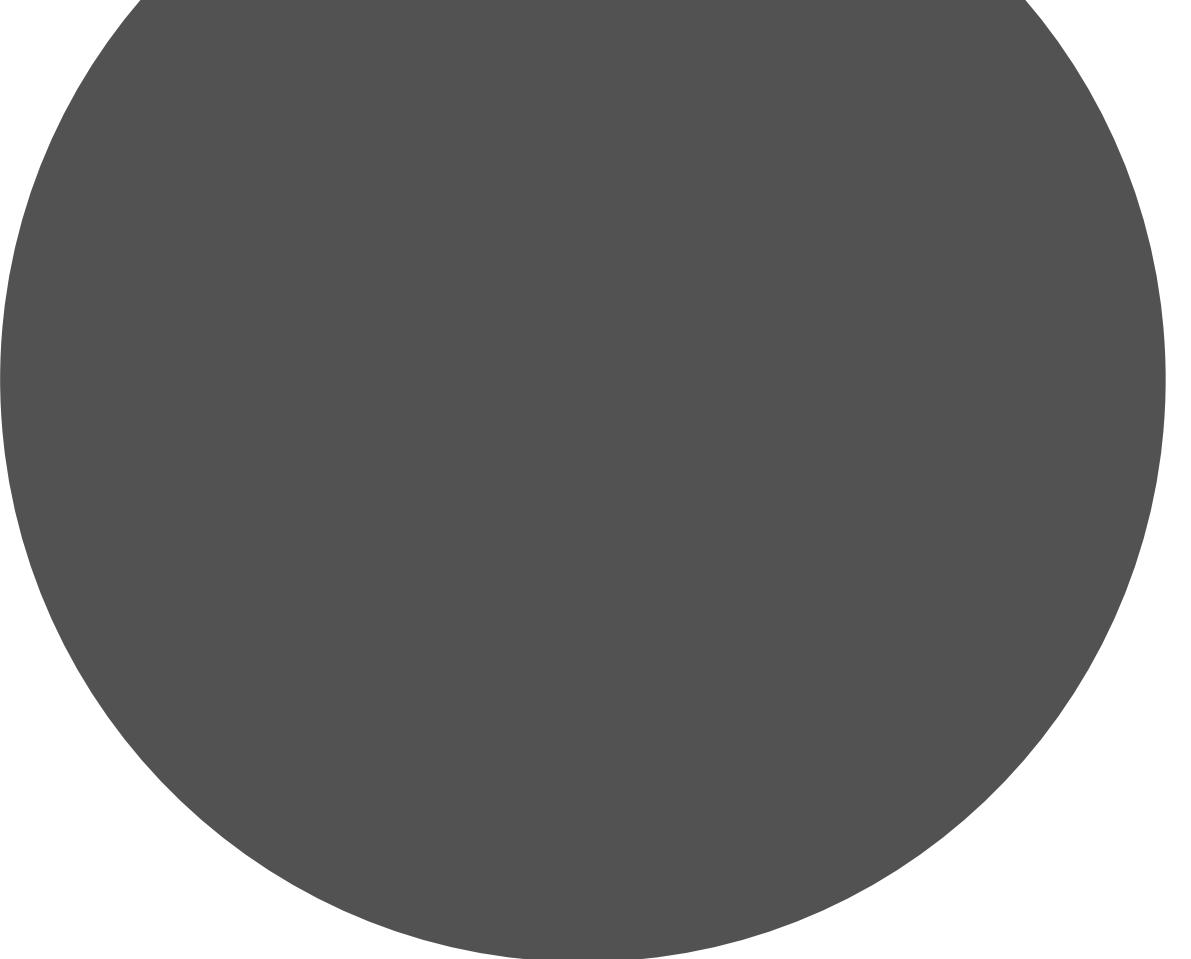
**How can we
break this cycle?**

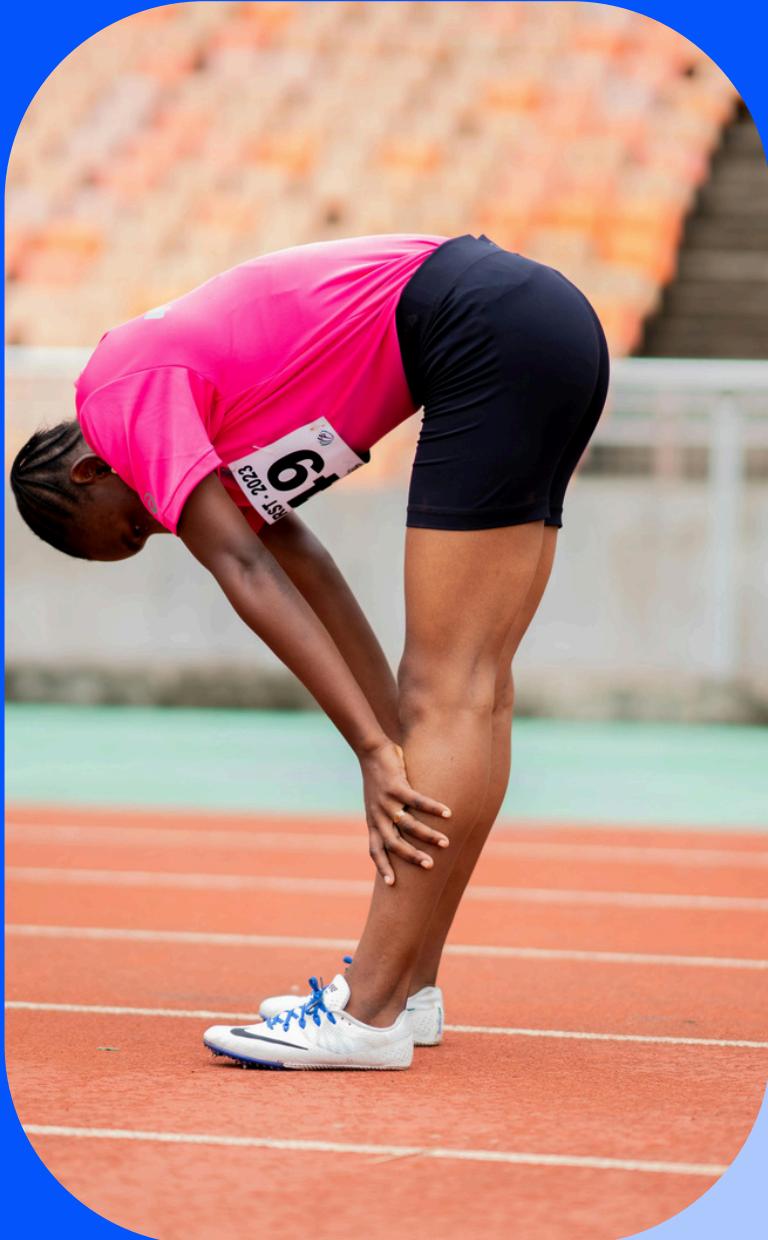


Common Myth

#1

**“They’re
overtrained”**

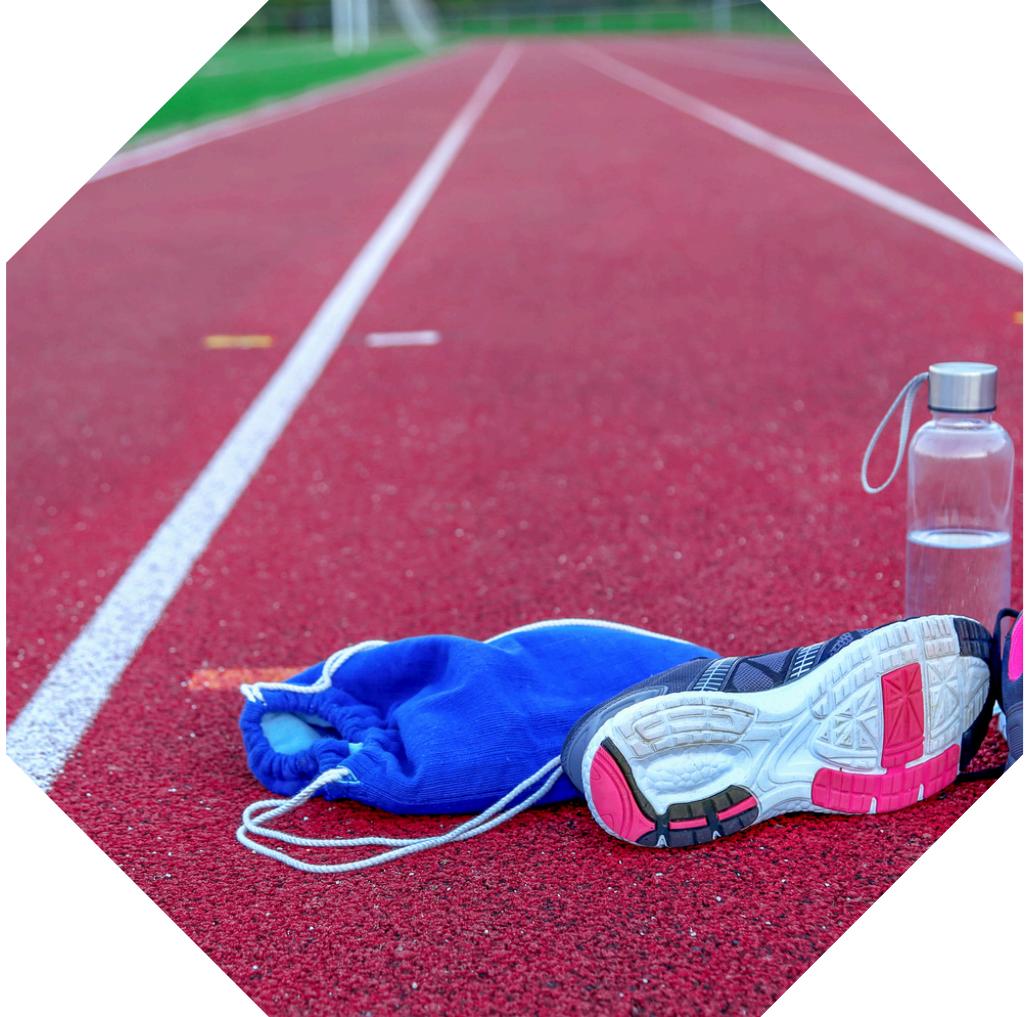




**Myth #2:
“They Peaked
too early”**

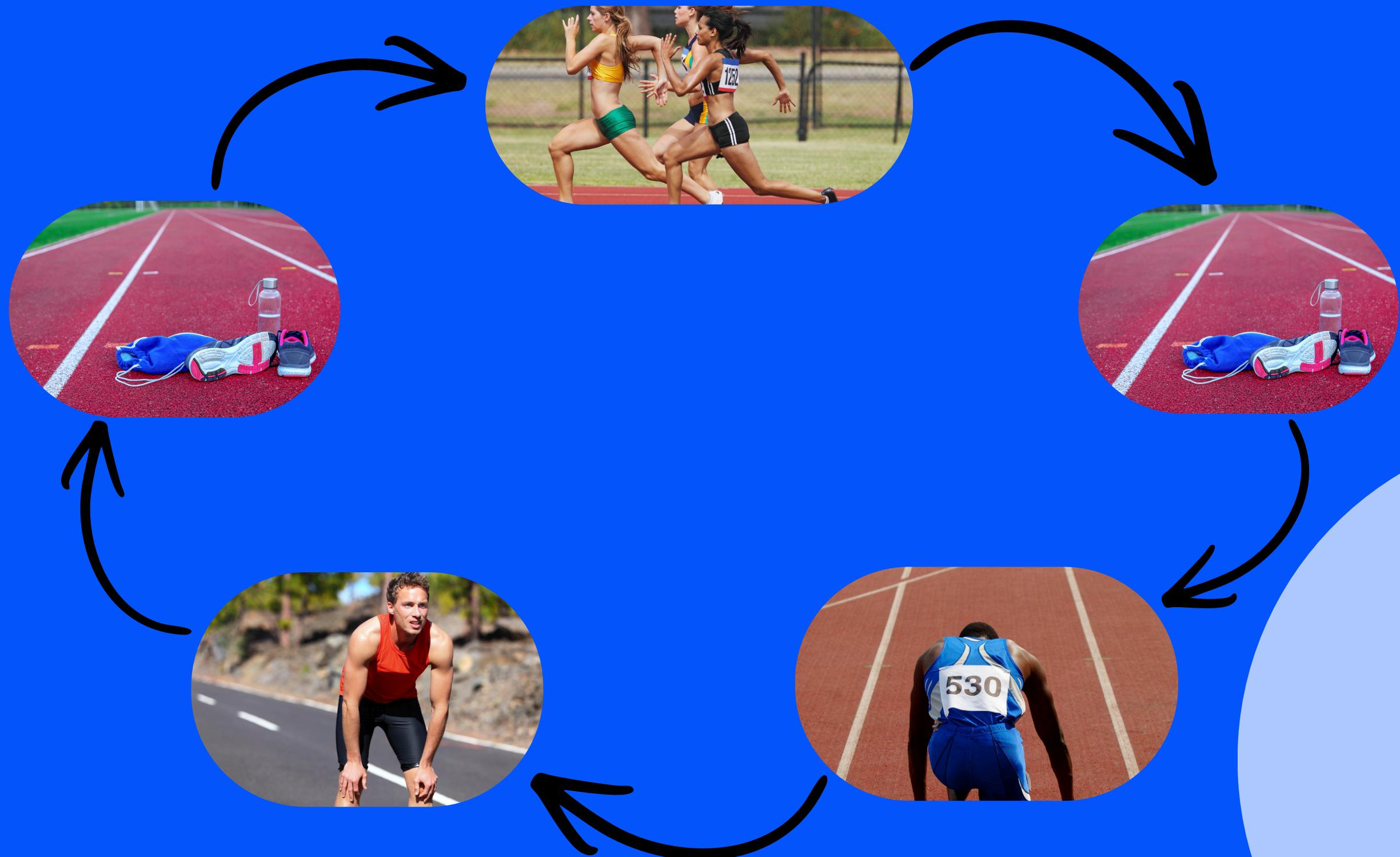


Myth #3: “Stay off of it for 2 weeks”



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?



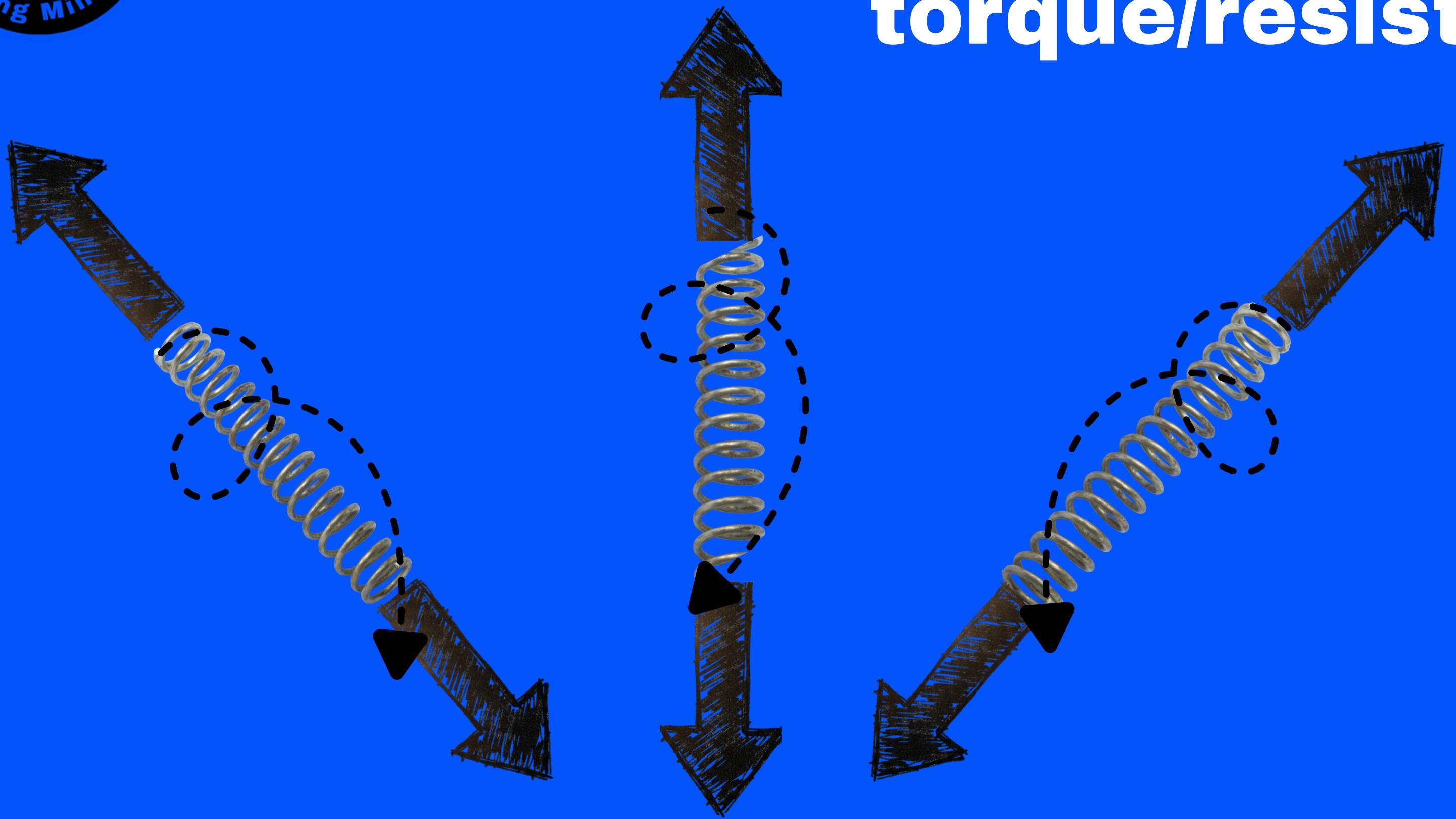
#1 Reason for non-contact injuries...



occurs during deceleration



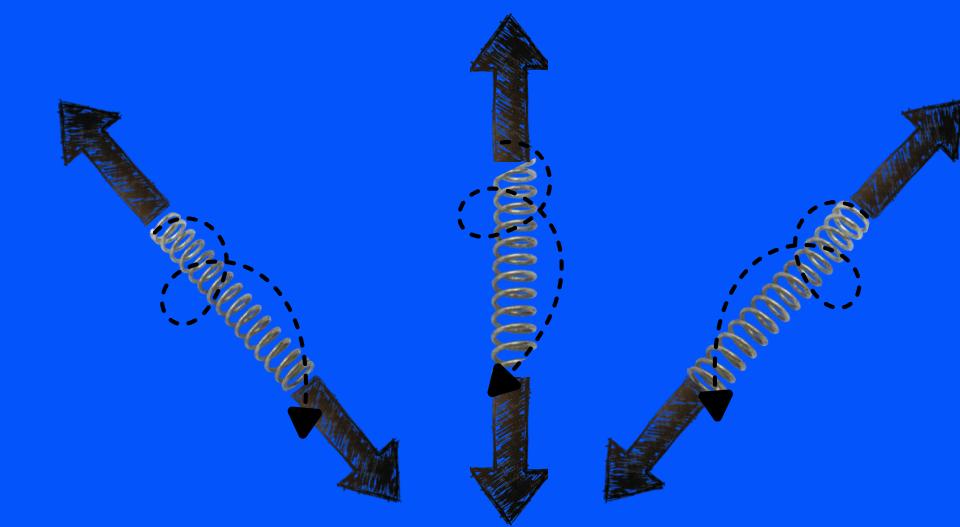
There are multiple planes of torque/resistance



Activity
Time!



There are multiple planes of torque/resistance





There are multiple planes of torque/resistance

Tendons

Tendons

Tendons

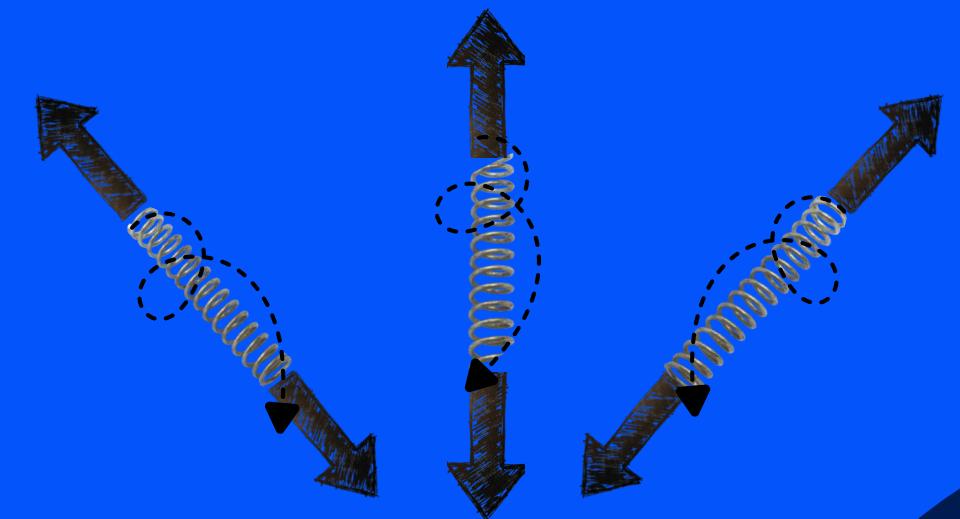


Tendons

Tendons

Tendons

Tendons



**Why do we
develop shin
splints?**



The Deadlift Test

What we see...



1x BW= 135lbs

vs

What are body feels



135+200lbs= 335lbs load

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

How is this
possible?



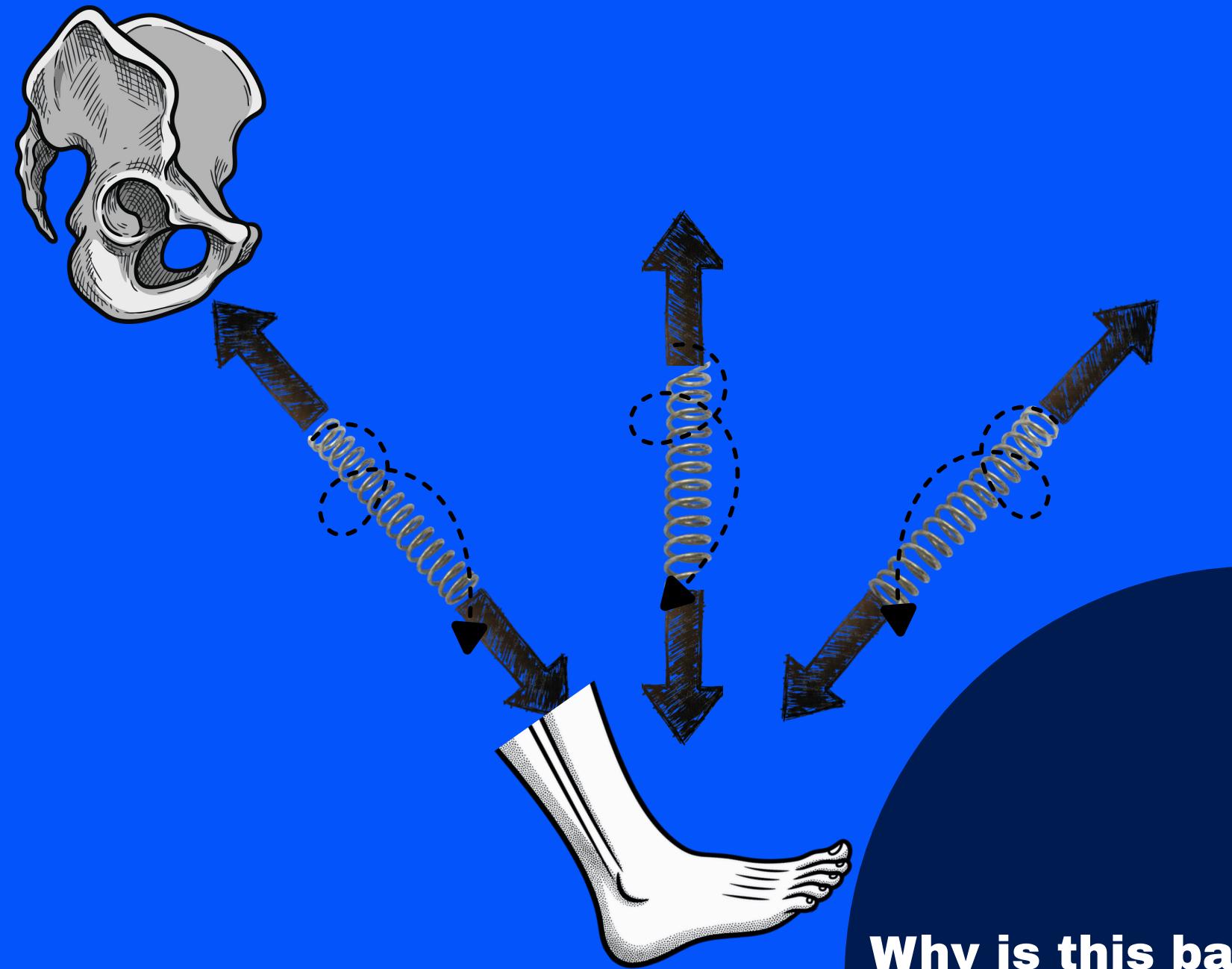
How Tendons Work



**Why do we
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splints?**



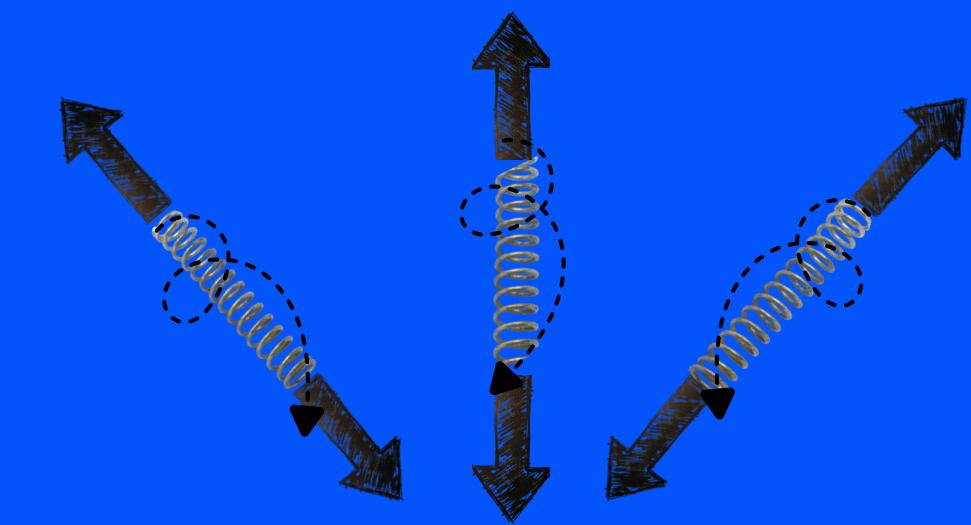
There are multiple planes of torque/resistance



Why is this bad?

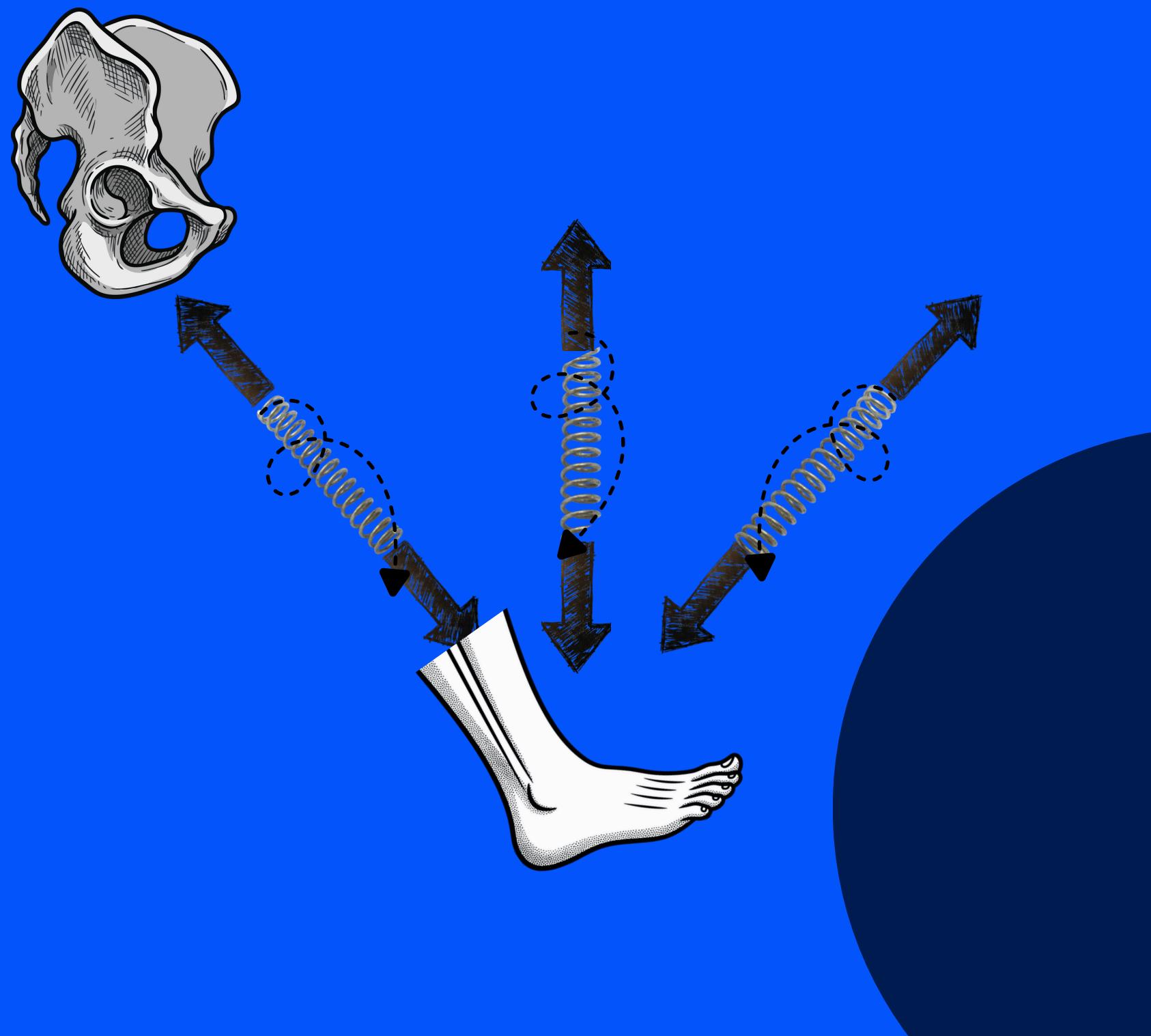


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There are multiple planes of torque/resistance





There are multiple planes of torque/resistance



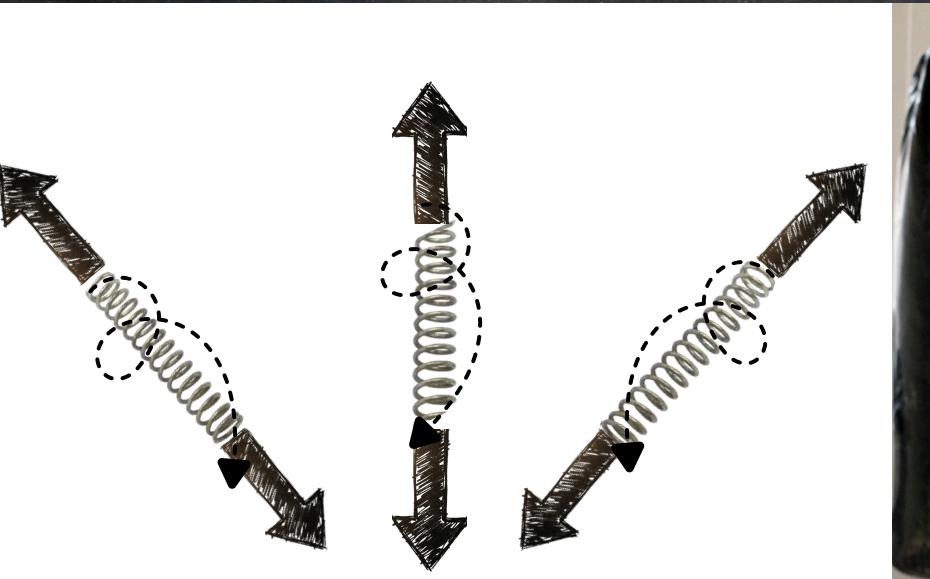
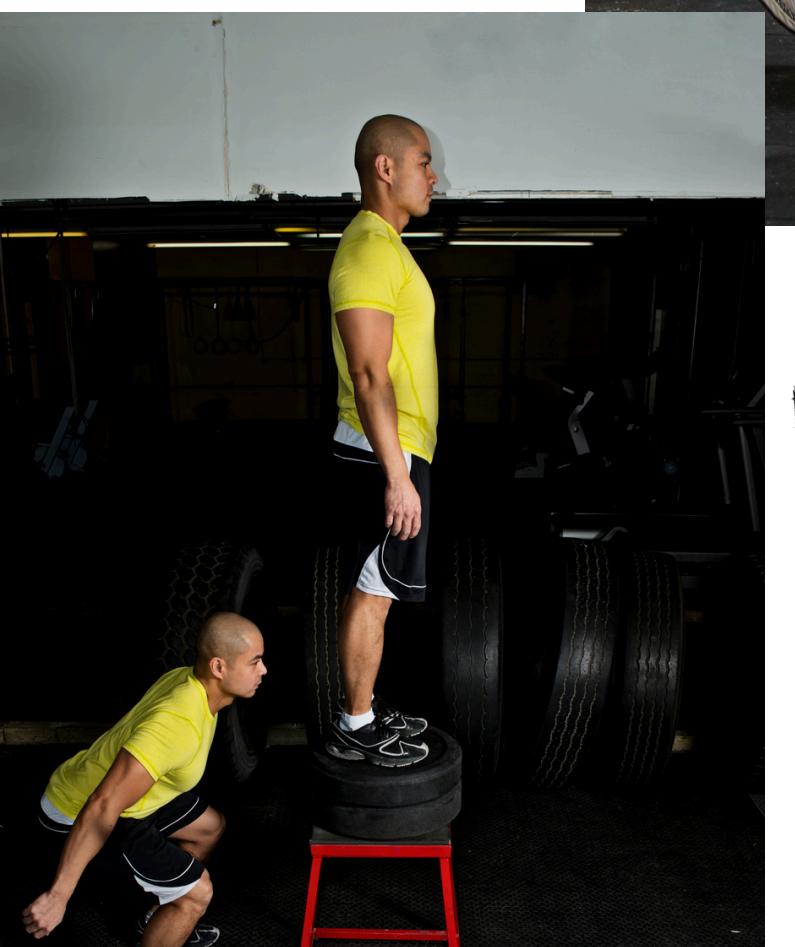
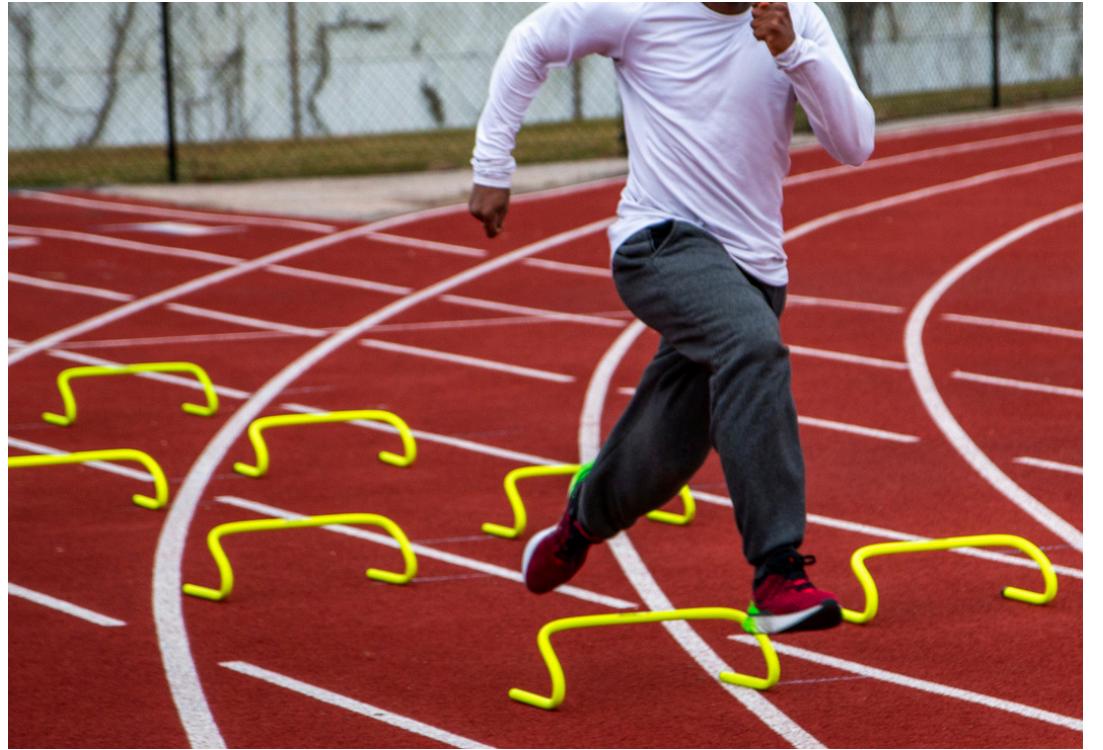
Assessing Beyond Mileage



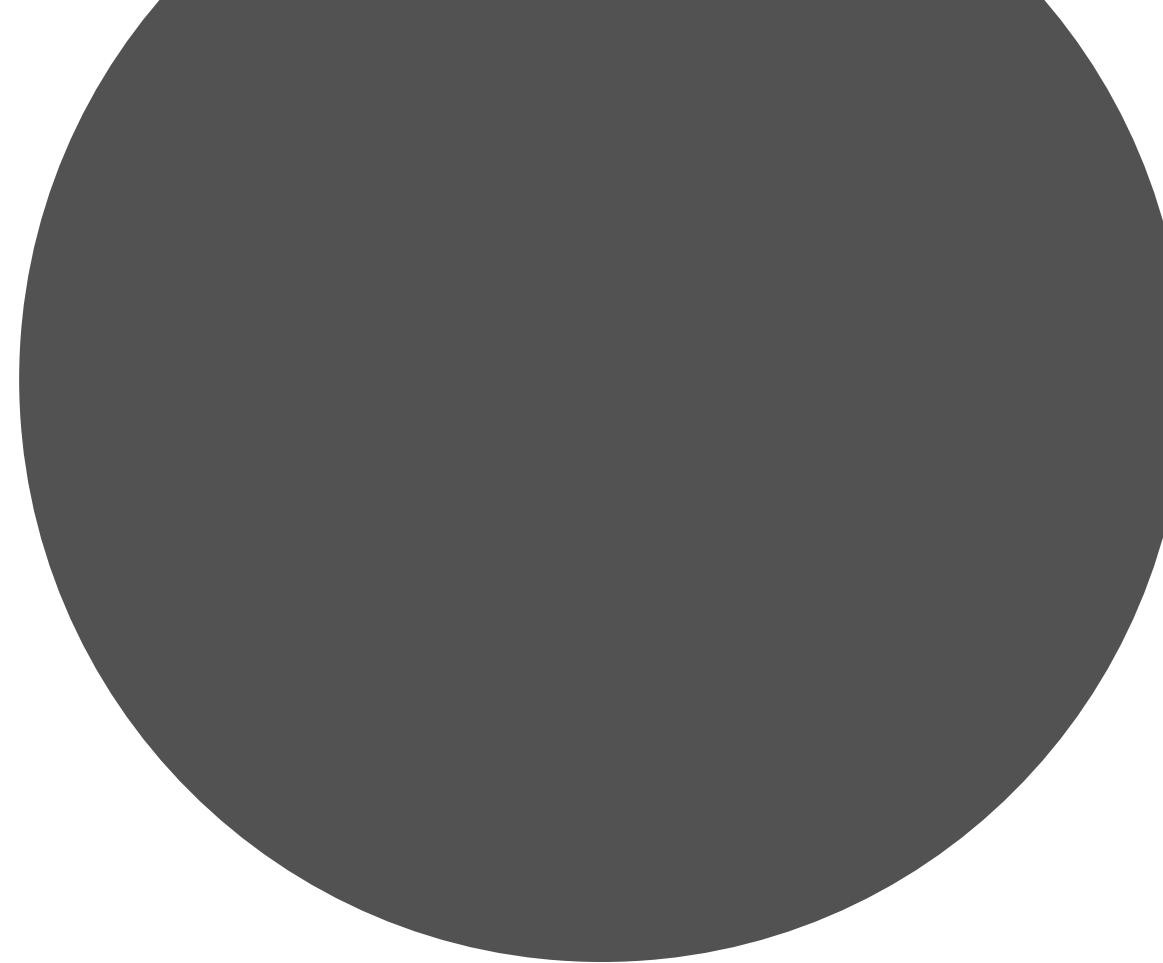
Force Redirection



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
create the flow- it
reveals it

Case Study



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



31 y/o male training for a marathon

Preseason →

Training:

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 → **Ran Half Marathon
at Turkey Trot...**

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

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**Ran Half Marathon
at Turkey Trot...**

Injured groin

**Took 4 weeks off
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***Post Injury*:**

Miles- 40/week

Long Run pace- 9:10

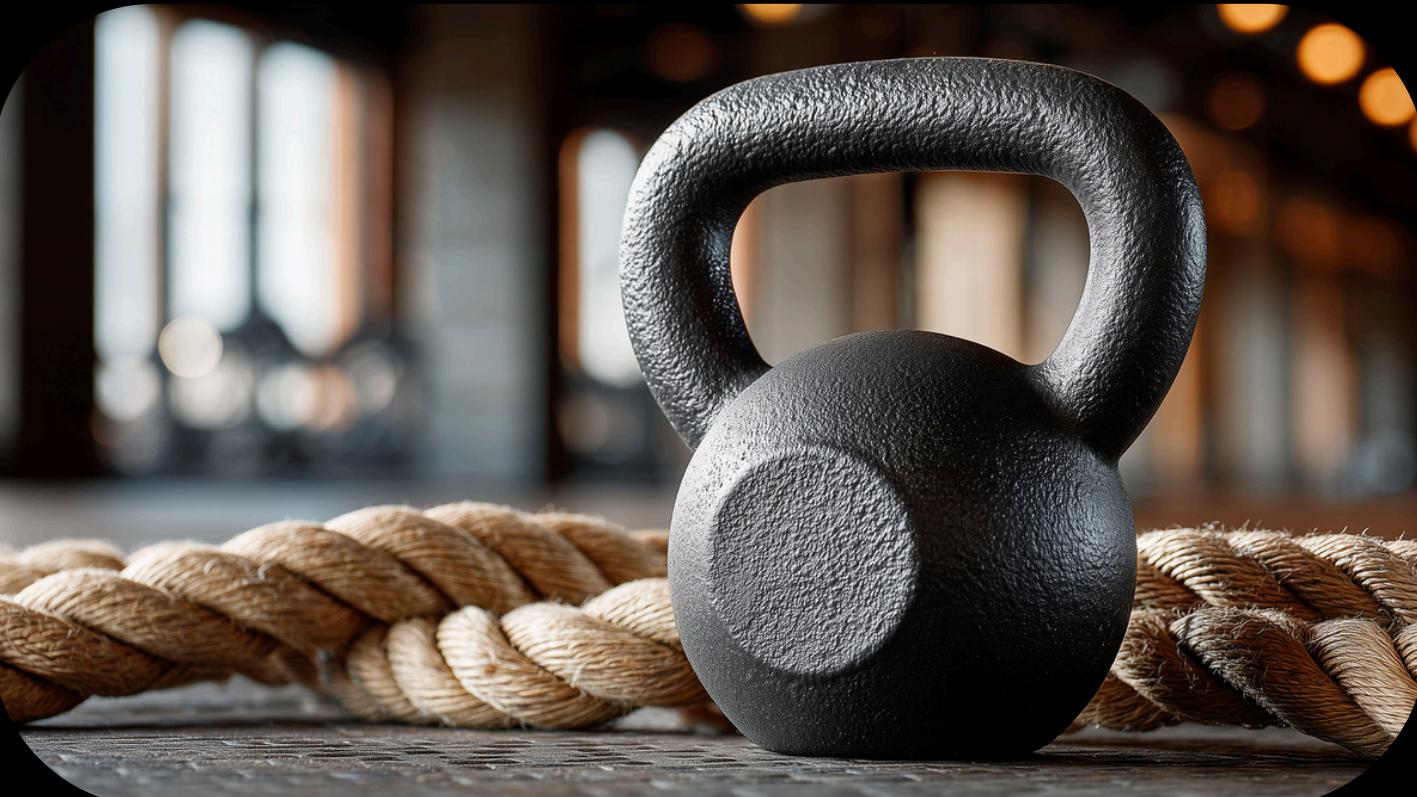
Time trial- 7:31

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

Principled Based Prevention

Standby for

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

