

ADAPTION

The human body will adapt as long as the applied load is not greater than the body's capacity to adapt. Overuse injuries are caused by an overload of the body's anatomical structures (bones, tendons, muscles). Every new stimulus must be integrated progressively (hills, volume, intensity, surfaces, shoes...).



VOLUME (à partir de 60% du volume d'entraînement maximum)

- No more than a 10% increase/week.
- Weekly long run: 10 min. (5' to 15') increase/week.
- Break down your workouts into intervals with a 1 min. walk between runs (9'/1'... 14'/1') as needed.
- In big volume weeks, add a cross-training activity (bike, aqua-jogging), which is mechanically less stressful (up to 35% of total volume for that week).



INTENSITY

- 3% (of total volume) more/week.



SURFACES

- Varied as much as possible.
- It will be easier to increase training volume on firm and irregular surfaces (cross-country without hills) than on the road or on a track.




HILL

- Be progressive: calculate the distance and the number of hills that you run.



SHOES

- Walk at home for 2 days.
- Short jogs (First week)
- Intervals (Second week)
- Longer jogs (Third week)
- Weekly long run (Fourth week)



Running shoes should be changed progressively when they become an exacerbating factor for a biomechanical flaw (deformed sole, overuse...). The perfect running shoe should protect the skin from lacerations and from the cold while minimising the interface between the foot and the ground. Most running shoe technology designed for stability and absorption is superfluous and all is without scientific foundation.