

ADAPTATION

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 (from 60% of the maximal training volume)

- 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.



HILLS

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



SHOES (with similar minimalist index +/- 10%)

- 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 number of kilometers made with the same pair of shoes is a bad indicator of its wear.

When transferring to a new pair of running shoes, calculate one month of gradual adaptation for each 10 to 20% of minimalist index change, no matter if it's increased or decreased.