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Tips for pain-free running training

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Don’t give running injuries a chance

Running is good for you – as long as you don’t overdo it. Don’t let your joy of running be dampened unnecessarily by undue stress and pain. These tips can help you recover and ensure you are well prepared for your next run.

Invest in good equipment

- Good running shoes that are specifically designed for the relevant terrain, your running style and feet.
- Functional running clothing will help regulate your body temperature.

Strengthen your leg and core muscles

- Incorporate regular strength and stability exercises into your training, such as low planks, squats or lunges.
- With the ABCs of running, you can improve your running technique. This can make your running style smoother and you less prone to injury.

Don’t overdo it

- Don’t run more than two to three times per week: your body needs time to recover.
- Listen to your body. Lasting muscle ache and cramps are often a sign of overexertion. It’s better to rest for a few days.
- Avoid exercise in the event of fever or exhaustion.

Have you suffered an acute running injury?

- Avoid exerting yourself further.
- Cool the injured spot as quickly as possible.
- Apply a loose compression bandage once you have cooled it.
- Then elevate the injured body part – higher than your heart.

Whatever you do, seek the advice of your doctor if your pain persists.

Our blog has more tips for jogging safely:
helsana.ch/running-training

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