

**Injuries that stop you running** are probably the best reminder how much we actually like running! (which can often get forgotten about while we're actually running!)

So at some point as a runner injury will strike so here's our top tips for getting back to running form safely and what to expect on the journey!

**Bag that feeling** Holding onto the memory of what it was like when you couldn't run let's you appreciate your running that little bit more when you're back training 😊

**Don't forget!** What maybe caused your injury... too much training, not enough stretching, too long sat in the car...etc We often forget really quickly and when we do we can go straight back to injury really quickly. Learn from every injury and make yourself stronger every time, learn the signs and learn when to back off / get to a physio etc before it's a problem.

**Slowly slowly catchy monkey!** Once you've recovered from the injury well enough to get back to running don't go "full banana" DO NOT to rush things, slowly increase the amount of time you spend running and supplement the rest with cross-training. Little and often is a great tip!

**And stretch 1,2,3!** Keep up with your recovery exercises and stretches as you return to running and keep doing a "little bit" once you're back to full form. Do more if it's a repeating injury or something you're susceptible to.

**You are now officially the worst runner in the world ... ever!** Don't compare yourself with how you were pre-injury, you're just out of condition but it will return. Turn off the GPS watch / heart rate monitor etc, just run, run easy and run short... runs will feel awful and allow yourself a minimum of a two week run return before you event look at a number or time! It will come back, but be patient... working harder will just make you more likely to re-injure and delay your comeback to glory!

**Use the time wisely!** While injured use the time wisely, get that diet log done and review your diet, go to pilates class, do some core work ... We have a triathlon background to tend to work on what we can and pick up on the other sports, keeping active will only help your recovery. If you cant run but you can walk then use the previous run training time to do something else!

**Chin.... Up!** Nothing feels better then when you return to form ... and you will so just take it steady and appreciate it. For us some of our best training has been done on the return from injury, we run, cycle or swim in new places often off road and in the country where we don't have to train hard but we can stop and appreciate the amazing sport we do 😊

A couple miles is probably fine.

