

1. Overuse Injuries: One of the most prevalent concerns for beginner runners is the risk of overuse injuries. These injuries, such as shin splints, runner's knee, and Achilles tendinopathies, often occur due to the repetitive stress placed on muscles, tendons, and joints during running.

Preventive Measures: Gradually increase your mileage and intensity to allow your body to adapt to the demands of running. Incorporate cross-training activities like swimming, cycling, or strength training to build overall fitness and reduce the strain on specific muscle groups. Ensure proper form and invest in supportive footwear that suits your running style and foot mechanics.

2. Lack of Proper Recovery: Recovery is a crucial but often overlooked aspect of training. Without adequate rest and recovery, your muscles may not have sufficient time to repair and strengthen, increasing the risk of injury and burnout.

Preventive Measures: Incorporate rest days into your training schedule to allow your body to recover and adapt to the stress of running. Focus on quality sleep, hydration, and nutrition to support the recovery process. Consider incorporating techniques such as foam rolling, stretching, and massage to alleviate muscle tension and promote recovery.

3. Incorrect Training Progression: Many new runners fall into the trap of ramping up mileage or intensity too quickly, leading to fatigue, injury, and frustration.

Preventive Measures: Follow a structured training plan that gradually increases mileage and intensity over time. Listen to your body and be willing to adjust your training as needed based on how you're feeling. Incorporate regular rest days and easy recovery runs to balance out more challenging workouts.

4. Inadequate Warm-Up and Cool-Down: Skipping warm-up and cool-down routines increases the risk of injury and can hinder performance during training sessions and races.

Preventive Measures: Prioritize dynamic warm-up exercises to prepare your muscles, joints, and cardiovascular system for the demands of running. Incorporate a cooldown consisting of gentle jogging or walking followed by stretching to promote muscle relaxation and flexibility.

To access our tailored warm-up program, scan the QR Code below:



Shop 9/8, Parap Place, Parap
www.territorysportsmed.com.au
Email: reception@tsm.com.au

8 Week Beginner City2Surf Training Guide

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Stretch + Rest Notes: <input type="checkbox"/>	3-5 km run Notes: <input type="checkbox"/>	Rest <input type="checkbox"/>	5 km run Notes: <input type="checkbox"/>	Rest or light cross-training <input type="checkbox"/>	30 min cross-training Notes: <input type="checkbox"/>	4-5 km run Notes: <input type="checkbox"/>
2	Stretch + Rest Notes: <input type="checkbox"/>	5 km run Notes: <input type="checkbox"/>	Rest <input type="checkbox"/>	5 km run Notes: <input type="checkbox"/>	Rest or light cross-training <input type="checkbox"/>	30 min cross-training Notes: <input type="checkbox"/>	5-6 km run Notes: <input type="checkbox"/>
3	Stretch + Rest Notes: <input type="checkbox"/>	6 km run Notes: <input type="checkbox"/>	Rest <input type="checkbox"/>	5 km run Notes: <input type="checkbox"/>	Rest or light cross-training <input type="checkbox"/>	40 min cross-training Notes: <input type="checkbox"/>	5 km test Notes: <input type="checkbox"/>
4	Stretch + Rest Notes: <input type="checkbox"/>	6 km run Notes: <input type="checkbox"/>	Rest <input type="checkbox"/>	6 km run Notes: <input type="checkbox"/>	Rest or light cross-training <input type="checkbox"/>	40 min cross-training Notes: <input type="checkbox"/>	7-8 km run Notes: <input type="checkbox"/>
5	Stretch + Rest Notes: <input type="checkbox"/>	7 km run Notes: <input type="checkbox"/>	Rest <input type="checkbox"/>	6 km run Notes: <input type="checkbox"/>	Rest or light cross-training <input type="checkbox"/>	40 min cross-training Notes: <input type="checkbox"/>	8-9 km run Notes: <input type="checkbox"/>
6	Stretch + Rest Notes: <input type="checkbox"/>	7 km run Notes: <input type="checkbox"/>	Rest <input type="checkbox"/>	6 km run Notes: <input type="checkbox"/>	Rest or light cross-training <input type="checkbox"/>	Rest <input type="checkbox"/>	8 km test Notes: <input type="checkbox"/>
7	Stretch + Rest Notes: <input type="checkbox"/>	8 km run Notes: <input type="checkbox"/>	Rest <input type="checkbox"/>	7 km run Notes: <input type="checkbox"/>	Rest or light cross-training <input type="checkbox"/>	50 min cross-training Notes: <input type="checkbox"/>	10-12 km run Notes: <input type="checkbox"/>
8	Stretch + Rest Notes: <input type="checkbox"/>	7 km run - Easy pace Notes: <input type="checkbox"/>	Rest <input type="checkbox"/>	Rest or light cross-training <input type="checkbox"/>	5km easy run with 5 x 100m efforts at race pace <input type="checkbox"/>	Rest <input type="checkbox"/>	12km CITY to SURF! Notes: <input type="checkbox"/>

ARE YOU READY FOR THE 51ST ANNUAL NT CITY2SURF?
Sunday, 2 June 2024

