

Cossette Burnham, DPT  
3510 South Park Drive #4  
Jackson, WY 83001



cossette@lupinept.com  
www.lupinept.com  
307-264-5099

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## Teton Trail Runners Running Tips

most running injuries happen from: training error, non optimal form, weakness

Tips for Running successfully:

- Work on running form and economy
- Utilize a strategic and reasonable training plan
- Strength train
- Enjoy the journey! What is your “why”: remember no event or run is worth pushing through injury.

Running form 101

- Cadence 160-180 steps per minute
- Slight forward lean, initiated at ankles
- Soft/ light on feet (running in tall grass)
- Avoid overstriding
- Elbow drive contributes to power
- Get a running gait assessment with slow motion video analysis if you need guidance

Training tips:

- Follow the 10% rule as a generalization
- Long run should never be more than 50% of weekly mileage distance
- Incorporate strides or speed/ hill work on shorter runs to improve running economy

- Long runs: zone 2: conversational, incorporate speed work at lower volumes
- Strength train at least 2 x per week (off season 3-5 x week)
- Running 4-6 days/ week to build endurance and volume
  - Reduced injury rate if you ensure you've built the volume needed for resilience, rather than running longer less frequently, if you are training for increased mileage. (always respecting needs for rest)
- Periodization (easy week each month, not constant buildup)

#### STRENGTH:

- Should include posterior chain, lateral hip, core, and lower leg strength at a minimum
- Progressive loading is key: gradually make it harder as you get stronger!
- Get a strength assessment to work on your specific weaknesses/ injuries if needed

Can use the medbridge.com app (enter access code below) to see videos + pictures of these exercises

**Access Code: 94JEDCLZ**

<https://www.medbridgego.com/>

Prepared by: Cossette Burnham

#### **Suggested minimal training program for runners in-season**

##### Exercises

- Single leg calf raise on step or plate: do 2 x 10 bent knee 2 x 10 straight knee - 2-3 x weekly - 4 sets - 10 reps
- Trail Leg Lunge - 2-3 x weekly - 3 sets - 10 reps
- Side Plank on Elbow with Hip Abduction - 2-3 x weekly - 3 sets - 10 reps
- Single Leg Deadlift with Kettlebell - 2-3 x weekly - 3 sets - 8 reps
- Supine Dead Bug with Leg Extension - 2-3 x weekly - 3 sets - 10 reps - 3-5 seconds hold