

## Injury Prevention

Check the Mountain Madness website articles page and read the article titled *How to Stay Injured: a 20 Point Plan*. Calculate your score.

### Tips

Here are some tips for making sure you reach race day in good shape.

Increase gradually	don't overtrain; add about 10% per week to your distance
Rest and sleep	take rest days; get lots of sleep
<b>Stretch</b>	<b>stretch after every run and every evening when your mileage increases</b>
Calcium	get 1500 mg a day calcium and 400 IU vitamin D (women); or 1000 mg a day and 400 IU vitamin D (men)
Nutrition	eat foods that are good for you; the closer the food to its original state, the better it is for you; carb/fat/protein balance 65%, 20%, 15%
Sustained downhill	avoid running sustained downhill, add zigzag routes; when running downhill, your knees are taking four times your body weight. Go up the Grind but take the tram down.
Cross train	add other activities to your program, not just running; substitute a run day with a cross train day
Strength program	add a strength program that includes 2 days of fitness training, add ankle exercises to your routine
Shoes	make sure your shoes are right for your foot; when worn out, replace them—if you run regularly, replace every 6 months
Expert diagnosis	get a sports expert to diagnose your problem before it prevents you from running, for example, a sports physiotherapist; listen for early signs of problems
Recovery	Recover fully. If you are recovering from an injury, add distance and number of activities GRADUALLY; do not jump back in where you were before you were injured. Remember RICE: Rest, Ice, Compression, Elevation. Get massage therapy. Try ibuprofen for reducing inflammation. Do water running.

### Blister Prevention

Blisters are a combination of HEAT+MOISTURE+FRICTION. Get rid of one factor and you can avoid blisters. Ample shoe toe room, trail socks and BodyGlide all help.