

WCCTC Tri News

<u>Over-training</u>

Injury Prevention, Recognition and Care

Over-training is often the leading component for injury. Over-training is the result of changes in your training regime that your body cannot adapt to and can result in excessive fatigue and injury. Symptoms of overtraining include: increased irritability, trouble sleeping, unusually poor concentration, constant fatigue (whole body and local muscle fatigue), inability of the body to recover from training runs or races, poor training or racing performances and injury. If any of these symptoms are apparent please notify your coach immediately so I can recommend training changes. If an injury does occur make recovery assessments with your coach and stay in the game mentally. Do not let injuries prevent you mentally from completing the training and the triathlon. Injuries should only be looked at as a physical limitation.

Injury Prevention:

- 1. Warm-up/Cool Down
- 2. Being Flexible
- 3. Strength train
- 4. Avoid dramatic training changes in mileage
- 5. Replace worn shoes
- 6. Cross Train
- 7. Year round conditioning and consistency
- 8. Environment and training on even surfaces
- 9. Let old injuries completely heal

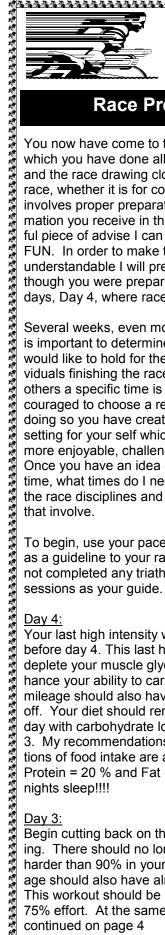
Injury Recognition:

- 1. Increased temperature increased blood flow and blood vessel dilation
- 2. Increased redness increased blood flow
- 3. Swelling due to fluid build up or hemorrhaging
- 4. Pain swelling placing pressure o nerve ending
- 5. Loss of Function

Injury Assessment:

- 1. Is there pain, tingling, numbness and/or stiffness?
- 2. Is the pain dull, or sharp, deep or superficial?
- 3. What was the mechanism of how the injury occurred?
- 4. Was the injury acute or chronic?

- 5. Was the injury associated with a pop or click?
- 6. Was the injury from a pre-existing condition?



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