

# **'Running Rehab Masterclass'**

## ***(Bridging the Rehab to Performance Gap)***

### **Day 1 – Overview of Running Injuries & Strength Training for Runners**

#### **Registration (8.45 to 9.00)**

#### **AM (09.00 to 12.25)**

- Overview of Running Injuries and Update on Current Research
- Functional Screening and Movement Analysis
  - Practical - Runners Readiness Scale
  - Practical - Movement Screening
  - Practical - Dynamic Differentiation Tests
- Principles of Strength and Conditioning (Theory)

#### **Lunch (12.25 to 1)**

#### **PM (1 to 5pm)**

- Evidence based Injury Prevention for Runners
- Practical Strength and Hip Stabilisation Exercises
  - Corrective Exercises – Movement Patterning
  - Functional Strength Training for Runners
  - Hip Stabilisation Exercises
- Subjective Special Qs
- Case Study
- Q& A

### **Day 2 – Conditioning Strategies and Return to Running**

#### **AM (09.00 to 12.25)**

- Overuse Injuries in Runners
- Conditioning Strategies for Injury Prevention & Performance
  - High Velocity Training
  - Plyometrics & Medicine Ball Training for Speed and Power
  - Dynamic Core Stability
  - Interval Training
- Practical Considerations
  - Dynamic Warm-up
  - Integrating S&C with Running
  - Reducing injury risk during conditioning

#### **Lunch (12.25 to 1)**

#### **PM (1 to 5pm)**

- Biomechanics and Evidence Based Running Re-education
- Strategies on safe return to running
- Clinical Reasoning in Return to running
- Case Study
- Q& A