

## HFRC Injury Prevention

Angela Tieri

[angela.tieri@gmail.com](mailto:angela.tieri@gmail.com)

IG: @tieri\_training

### INJURY PREVENTION

Glutes glutes glutes! And core.

Improve posture = Improve running form

- Monster walks
- Bear crawl
- Wall slides / Band splitters
- Glute bridge w/ leg march
- Hip airplanes
- Antirotation press

### RUNNING FORM

Foot strike doesn't matter, but WHERE in relation to your body matters

Overstriding creates impact and braking forces. Think of leg as a piston.

Rotation should come from upper back, not hips or low back.

Arms should swing "cheek to cheek"

Do not hold anything in your hand- it changes arm swing which changes leg swing.

- Knee driver
- [Dead bug](#)
- Jump rope

### STRETCHING

Don't stretch before run

Don't stretch an injured/strained muscle

Need mobility in ankles, big toes, hips, upper back

Mobility > Flexibility

- Big toe stretch
- Knee to wall ankle mob
- Open Book
- Lunge Matrix
- Walkouts
- Deep squat

### PRE/POST-RUN ROUTINE

- Foam roll quads, calves, glutes, upper back :30/body part
- Lunge matrix x5/leg
- Bird dog x5/each side, x5/each same side
- Glute bridge w/ leg march x20

## HFRC Injury Prevention

Angela Tieri

[angela.tieri@gmail.com](mailto:angela.tieri@gmail.com)

IG: @tieri\_training

### FUNDAMENTALS TO MASTER

- [Split squat](#) -- static, in place lunge. Weight in front leg, push through heel, feel in glute.
- [Hamstring curls on ball](#) -- keep hips up as you curl heels towards butt
- Lateral hops -- hop side to side and stabilize before each jump
- [Single Leg RDL](#) -- hinge at the hips, keep back flat and hips level
- [Plank w/ shoulder taps](#) -- slowly tap opposite shoulder with hand. Feed wider is easier.

### HOME STRENGTH ROUTINE

- [World's Greatest](#) stretch x3/side
- [Star side plank](#) x:30/side
- [Wall Sit](#) x:60
- [Single leg cross body reach](#) x10/side
  
- [Skater squat](#) x6/leg
- [Bear crawl](#) x20 steps fwd/back
- [Side lunge](#) into balance x10/leg
- [Push ups](#) w/ 3 point iso hold x5

### RECOVERY METHODS

- Hydration: ½ body weight in oz + 8-12oz/hr during run
- Post-Run fuel: protein (20-30g) + carbs (60-100g)
- Sleep!!!!!!: 8-10hr/night