



Injury Prevention

Walk The Line 2016 is nearly here and by now training is well underway. With a bit of preparation, planning, a good exercise routine and of course good luck injuries are a thing of myths and legends and you are looking forward to completing this unique endurance event this June.

With any event like this preparation is key to completing the course successfully and in good health. To help you stay in tip top shape for Walk the Line 2016 here are a few things you should keep in mind.

- 1) If in doubt get it checked out! Don't ignore niggles or unusual aches and pains. Get them investigated to prevent possible injury or to minimise further injury
- 2) Stick to your training plan, if you miss a day don't try to compensate by doing a double training session. Forget it and move on with the programme.
- 3) Start checking that you have all the necessary equipment for the event now and you are not caught out on the day. Footwear is particularly important. A good pair of boots should be well broken in to prevent blisters and of course make sure they are waterproof. Boots are also good to help support the ankles in uneven terrain and prevent sprains and even muscle strains.
- 4) If you haven't already, start training with all your kit that you will have on the day. Make sure that your pack is not too heavy and is a suitable size for your back. A good back pack will help prevent sore shoulders, neck pain, lower back pain and hip pain.
- 5) After each training session make sure you are doing some stretches for the lower back & legs to keep the muscles flexible and to help reduce DOMS, 'Delayed Onset Muscles Soreness' which in part is caused by a build of toxins in the muscle fibres.
- 6) Drink plenty of water to help your body flush out all these toxins.

The week before the event is especially important you should be:

- Eating lots of carbohydrates, wholegrain pastas and breads are best.
- Drinking lots of water
- Getting lots of rest, don't be tempted to do a bit of extra training.
- Have your favourite energy foods ready to go for the event, if you're alert during the walk, you're less likely to injure yourself
- And of course get a Pre Event Sports Massage a day or so before the event to help prepare the muscles for the work they're about to do.

BEST OF LUCK!

The following are some Guidelines for Static Stretching

Static stretching involves slowly stretching the muscle to the end of its range of motion and then holding it there for usually 30 seconds. Static stretching is used after exercise to help with long term flexibility and to reduce the effects of muscle pain/stiffness after exercise. Static stretches can also be done as a standalone part of any daily fitness routine



Hold the stretch up to the point of discomfort, NEVER PAIN for approximately 10 seconds. Repeat this about 3 times. Each time you repeat the stretch you should try to increase the range. You may need to do this a couple of times a day depending on how tight your muscles feel.

Breathe out as you go into the stretch, and then continue to breathe normally

If you start to feel uncomfortable pain and significant tightness stop the stretch. Decrease the range of the stretch the next time you practice until you feel comfortable stretching again.

Seated Lower Back Stretch

Sitting on the floor, legs in front of you knees bent and allowed to fall to the side. Take a breath in and let your upper body slowly fall down between your legs, use your feet as a grip if you need to stretch more. Hold for 10 seconds and repeat three times



QL Stretch

Sitting on the floor legs crossed, place one hand on the floor beside you and put the other up in the air beside your head. Breathe in and as you breathe out lean over towards the hand that is on the floor until you feel the stretch in the side of your lower back area. Hold for ten seconds and repeat 3 times on each side



Hip/low back stretch

Lying on the floor, pull your knees gently into your chest and clasp your hands under your knees. If you want to increase the stretch, straighten one leg and pull the other knee into your chest until you feel a stretch in your hip. Repeat on the other side.



OR





Hip/Gluts Stretch

Cross the left foot over right knee. Clasp hands behind right thigh and gently pull the leg in towards you, keeping upper body relaxed. Repeat on the other side.



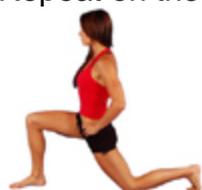
Hamstring Stretch

Lie on floor with your knees bent or it is acceptable to have the legs straight out. Bring one leg up into the air, clasp the hands behind that thigh and slowly pull it towards you. Keep the knee straight, hold for 10 seconds, release and repeat for a total of 30 seconds. Use a towel hooped around the foot for comfort and to get a good stretch.



Hip Flexor Stretch

In a lunge position, rest the back knee on the floor. Keep the front knee at a right angle. Tuck your tail bone in. Gently move the upper body forward until you feel a stretch in the front of the hip. Repeat on the other side.



Inner thigh Stretch

Stand with feet as wide apart as is comfortable. Shift your weight to one side and allow the opposite knee to bend. Repeat on the other side. Or sit on the ground with feet together, gently push down the knees with your elbow until a stretch is felt.





DUBLIN & WICKLOW MOUNTAIN RESCUE TEAM



WALKING THIS LINE WILL SAVE LIVES

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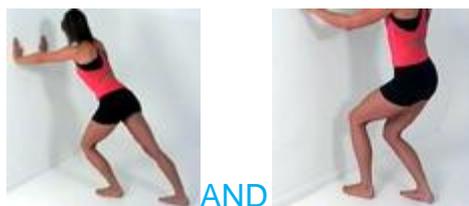
Standing Quadriceps Stretch

Standing on the right leg hold the bottom of the left leg just above the ankle. Stand up tall, pull heel into the buttock and push the hips out. Keep the knees together. Repeat on the other side.



Calf & Soleus Stretch

Place one foot behind the other. Keep the feet pointing forward. Straighten the back leg and keep the heel on the floor. Bias the weight slightly over the outside of the back foot. Bring your body towards the wall and feel the stretch in the calf. Repeat on the other side. After this bend the knee of the leg being stretched, gently adjust your weight to feel the stretch in the back of the lower leg.



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