

Medical Director's Corner

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ORTHOPEDIC & SPORTS
INSTITUTE OF THE FOX VALLEY™

According to my calendar, this is spring. However according to the weather forecast there is a possibility of snow. It is part of what you can be certain of in Wisconsin; uncertain weather.

Also according to my calendar we are less than six months until the 2017 Fox Cities Half and Full Marathon. The six month mark, for me is when I like to start my formal training for an event of the half or full marathon distance. Key things to keep in mind; what your daily or weekly workout schedule has been to date. The more experienced participants know this. The better or stronger a base that you have, the faster or more aggressively you can increase your mileage.

In addition to your training base, be certain to assess your overall health and fitness. If you have not had a physical in the last year, now is a good time to get one. No matter what level athlete you are or what distance event that you are training for, a yearly physical is important. Review your blood pressure, your cholesterol along with joint health. Be certain to address any issues as you start your training program.

Now is also a good time to focus on injury and illness prevention. Be certain that your shoes are in good condition and fitting well. Nothing will derail a well meaning training plan like poor fitting shoes which can lead to foot, knee and hip pain or injury. Sleep is also an important factor in your training and overall wellness. You will most likely need additional sleep as you increase your mileage and as your training progresses. Lastly, stay focused on nutrition. Fresh fruits and vegetables are key. Healthy, lean/low fat proteins are important - avoiding fried and greasy foods as they can lead to abdominal cramps and other GI problems. Be certain to limit sugar intake.

I hope that this has been helpful and gets you started on the right track. Now, get out and get started. Get a plan, get a partner and have some fun.

Run safe and enjoy ... Mark