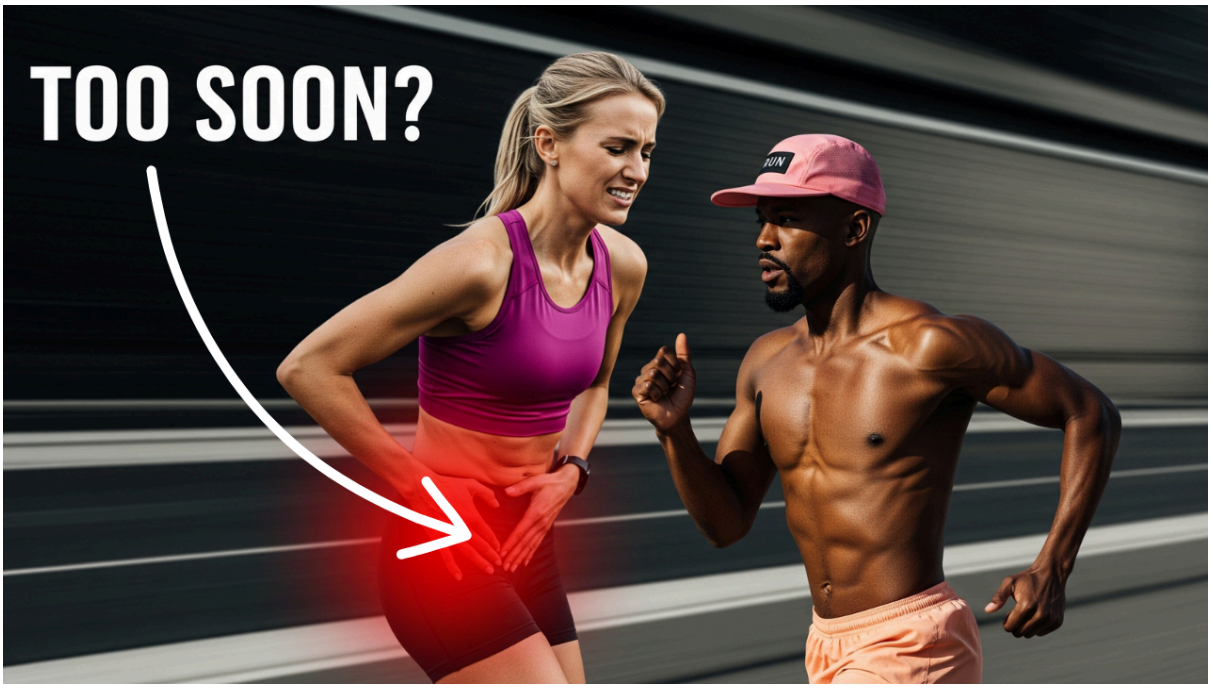
OBR - Why Most Runners Get Injured (And How to Fix It) Transcript

Watch, listen and read the full episode here



[00:00:00] Smart runners don't get injured from running too much. They get injured from ramping up too fast without structure. This episode is a absolute raw look at how I build volume for my runners, the smart way runners that I coach with. Gym Hills VO two Max Tempo runs and base stacking so that runners do not break down mid base training.
[00:00:21] And that they can build up during the race phase. I'm Darren Dele running a nutrition coach up through our marathoner 10 hour Ironman finisher. And through my 30 years of running and experience and researching on myself, I help self-coach runners get 1% better each day so that they can run for the next 10, 20, 30 years.
[00:00:38] Let's get into MyTraining plan overview with the runner that I coach. Alright, so progressively we are building up and accumulating fatigue. That is the goal. Aerobically in a smart way. The long play way, the boring way, the way that won't get you injured or burned out. The biggest thing is injury, because if we ramp up, if you start going too long and too fast too soon, without really building up the muscles and the tend tendons and the ligaments and the joints around your groin, you're gonna have groin problems again.
[00:01:03] So the goal is to really build up slowly, like we're doing, like I said, increments. So that's. You know, almost two hours, two hours, two hours, two hours, five minutes, two hours, five minutes, two hours, 10 minutes. Like this is how

we build it up. So you're ready to, to be able to not get injured to, uh, protect your groin.
[00:01:18] And with all, with, uh, the gym workouts and with the sprints and the, you know, sprinkling in fast workouts once a week. Like all of this is to slowly ramp you up. So then we can get you outside and do 70, 80 minutes. Uh, we'll sprinkle in some 90 minutes as we get closer to. Half marathons. That's the goal.
[00:01:36] Accumulate fatigue. So you're doing six straight weeks, so it's not three on one off, it's gonna be six on, one off. So you're going all the way to, uh, seven. So the mid August and, um, the gym workouts are increasing. Please get to three sets if you can, on these gym days. And then the second gym day, which I didn't put on, you're gonna cross train.
[00:01:53] Um, you, you have a choice. Cross trainer or gym, please do gym if you can, and try to get in two sets and. You know, you only need to do one workout, three sets per week so you can do other workouts that maybe you neglect. Um, I know you're not squatting and doing variations of squats. Just try to, if you can get in two squats, whatever your, uh, physical therapist has you doing for your groin to strengthen those muscles, please do as many as you can right now.
[00:02:17] Right now is the time to do them. 'cause we need to build up that chassis so that you can handle the running. You got a Mone test on, uh, next week, two weeks after that you got a one mile time trial. Do that on the track outside. Don't worry if it's hot. Um, since you did this workout that I don't think was a great workout.
[00:02:35] This is just not great for right now. This will be okay. Or if I just said, do whatever workout you want, this just feels kind of like too much high-end stuff that we don't need, especially. The day after a long workout. Uh, so you got hill repeats. So this is eight by 30 seconds. You're gonna do form drills.
[00:02:50] This is a new thing you're doing form drills before you run. Okay? So you warm up, then do form drills, then run, then do cool down, then do plys again, eight by 30 seconds, walk down 60 to 75 seconds. Um, and then start. And then you want to do plys. I got you doing two sets of all plys and form drills. Now we're just, we're getting in it.
[00:03:06] This is all the basis is eating your vitamins. This is taking your supplements. Like we need to do this type of stuff for 6, 8, 12 weeks to really get the basin so that when we go hard for six, eight weeks, 10 weeks, we're ready. We have that, that, uh, that foundation, uh, temple run, 20 minutes. Nothing crazy.
[00:03:21] Just low zone three tempo run. And then you got, uh, a one mile time trial then. So this is the one workout per week. This is different. I'm giving you something fun to look forward to per week. 'cause I think you can handle this now 'cause we're kind of sandwiching around it. A lot of easy aerobic base and then you got your

tempo run, uh, and then he repeats and then you're gonna end it with a VO two max workout, three by five minutes.
[00:03:40] Normal. You've done that. Uh, we're increasing your easy run. 50, 55 minutes both days. Uh, you got strides that you're doing. Make sure you do those strides. Um, sprints. Do this on a treadmill. If you can do, put the treadmill to 6%, that's great, and put it at between 10 and 12 miles per hour. What I'm trying to do is break up the boredom and the monotony of the elliptical and the treadmill.
[00:04:02] 'cause it is, it does get quite boring. So if you can kind of change things every 10 to 15 minutes. That's nice. Uh, but we're also building a lot of base. We're accumulating a lot of fatigue. In two hours, we're raising your blood pressure, which is all aerobic base that's gonna build up your base like crazy.
[00:04:16] You end it with four strides, um, on the elliptical and, uh, and then I'm basically, you're getting more and more zone two. Work more. Zone three, work in there, more zone two work. And then you just build, build, build. So it's a hundred fifteen, a hundred twenty, a hundred twenty, a hundred twenty five, a hundred twenty five, and 130, uh, which is two hours in 10 minutes, bro, that you are gonna be doing an activity and keeping your heart rate above zone two.
[00:04:40] Which is, dude, like this is, this is the base that you've been needing, man. Uh, because you don't run six, seven days a week. This is what we have to do. If you ran six, seven days a week, which we can get to, and I'm, I'm gonna probably as we go on to the further weeks, uh, in Midgut, you're gonna be doing once a week.
[00:04:56] Two, two runs a week. Oh, sorry. Two runs a day. Um, and you'll be adding another run day. So we'll be running for five days a week and you'll be doing a medium long run and alternating medium long run, double, medium long run, double, uh, 'cause we need to get your base up and hopefully that can get your groin, all the muscles around the groin ready for being able to run 80, 90 minutes outside.
[00:05:17] I'm gonna cap you at 90 minutes and I'm gonna start. Uh, doing less elliptical and more outside running, um, as you give me feedback and tell me how you feel. So let's go to your Strava. Week four, recovery week, Sunday long run Freddy. I. Did you not show the elliptical? Why is it zone three, zone four? You shouldn't be doing any zone four work.
[00:05:35] I have no zone four work. Where, where do you get zone four? You shouldn't be in zone four on the treadmill. That's gonna slowly eat away at the base that we're building. You can't you, you can't really do both. Base and zone four be in low zone three. We're not even doing high zone three yet. So let's cross train, walk to the gym.
[00:05:51] I like that you're doing Walk to the gym. You can run that. If you wanna do a really easy run and you get a little bit more base and you get warm, you can

walk, run that. Doing harder. Runs on the treadmill 'cause of the ability to focus on form and not be hearing about Weather. Pros actually do a lot of their hard workouts on the treadmill.
[00:06:06] Um, funny enough, because it's a controlled environment. So, um, yeah, if you wanna do them on the treadmill, uh, I am all about that and it's actually a softer surface than running on asphalt. Alright, if you want to apply any of this yourself. To train your base and build some solid running life habits along the way.
[00:06:24] You can get my free 30 day base training plan. Go get it right now for free, the QR code right here on screen, or the link in description. And if you want to go deeper on base training, check out the episode below, or again, hit the video description with the link or show notes in your podcast app. If you're listening, peace.