



5K to Half Marathons & Beyond

September 9, 2025

INTRODUCTIONS

Dr. Chad Wagner



Erin Clark, Athletic Trainer

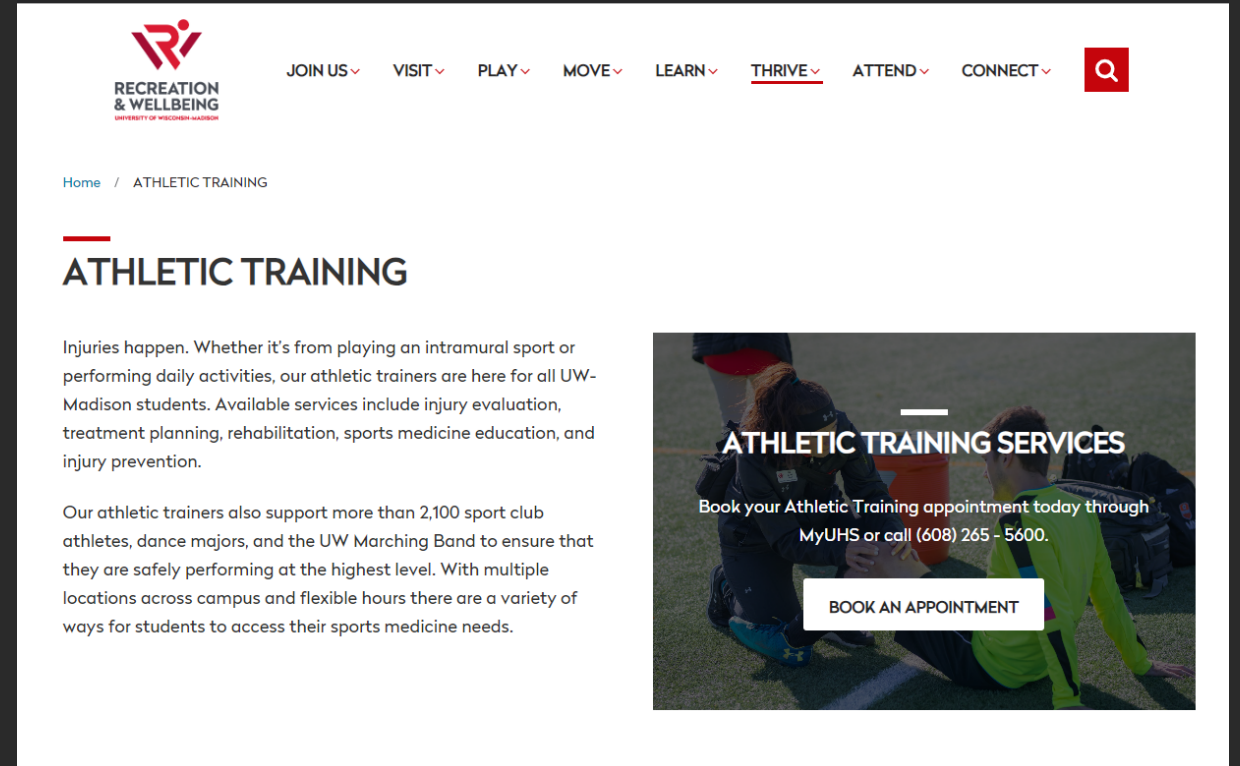


The background features a complex geometric pattern of overlapping triangles and lines. The primary colors are a vibrant red and a dark charcoal grey. The red shapes are solid, while the grey shapes are filled with fine, parallel lines that create a textured effect. The overall composition is dynamic and modern.

Why do you run?

OUTLINE

1. Injury Prevention
2. Footwear considerations
3. Injuries
4. Progressive training
5. Nutritional considerations



The screenshot shows the website for Recreation & Wellbeing at the University of Wisconsin-Madison. The header includes navigation links: SIGN UP, IM SPORTS, DAILY SCHEDULE, JOIN US, VISIT, PLAY, MOVE, LEARN, THRIVE (underlined), ATTEND, and CONNECT. A search icon is also present. The main content area features the Recreation & Wellbeing logo and a breadcrumb trail: Home / ATHLETIC TRAINING. The title 'ATHLETIC TRAINING' is followed by a paragraph describing the services provided by athletic trainers, including injury evaluation, treatment planning, rehabilitation, and sports medicine education. A second paragraph highlights support for over 2,100 sport club athletes, dance majors, and the UW Marching Band. On the right, there is a promotional banner for 'ATHLETIC TRAINING SERVICES' with a call to action: 'Book your Athletic Training appointment today through MyUHS or call (608) 265 - 5600.' and a 'BOOK AN APPOINTMENT' button. The banner image shows an athletic trainer kneeling on a field, attending to an athlete.

SIGN UP IM SPORTS DAILY SCHEDULE

RECREATION & WELLBEING
UNIVERSITY OF WISCONSIN-MADISON

JOIN US VISIT PLAY MOVE LEARN THRIVE ATTEND CONNECT

Home / ATHLETIC TRAINING

ATHLETIC TRAINING

Injuries happen. Whether it's from playing an intramural sport or performing daily activities, our athletic trainers are here for all UW-Madison students. Available services include injury evaluation, treatment planning, rehabilitation, sports medicine education, and injury prevention.

Our athletic trainers also support more than 2,100 sport club athletes, dance majors, and the UW Marching Band to ensure that they are safely performing at the highest level. With multiple locations across campus and flexible hours there are a variety of ways for students to access their sports medicine needs.

ATHLETIC TRAINING SERVICES

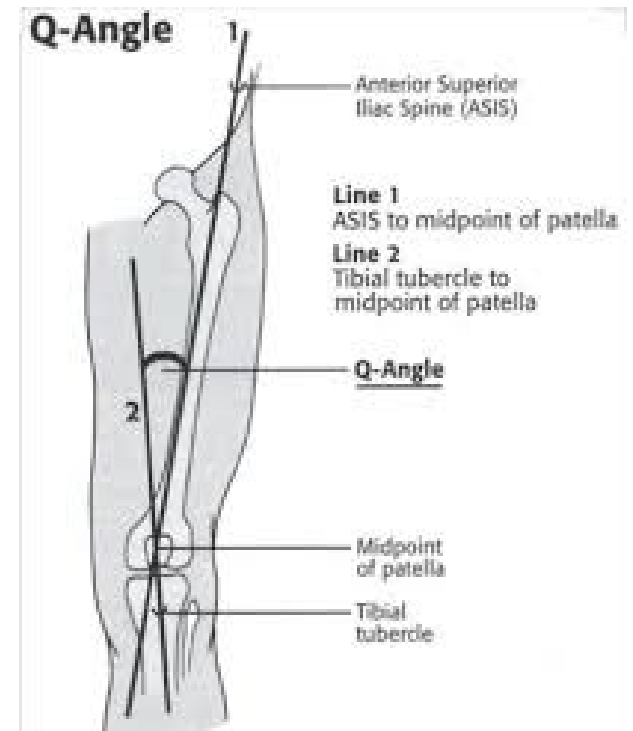
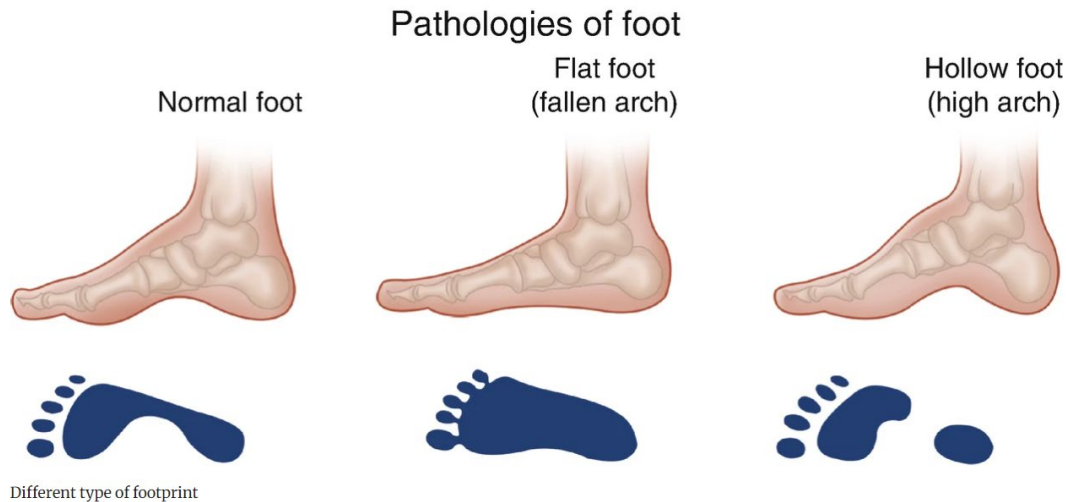
Book your Athletic Training appointment today through MyUHS or call (608) 265 - 5600.

BOOK AN APPOINTMENT

INJURY PREVENTION

RISK FACTORS

Intrinsic



INJURY PREVENTION

RISK FACTORS

Extrinsic

- Training variables
- Running gait, cadence, foot strike pattern
- Warm up/Cool down
- Strength & mobility
- Footwear

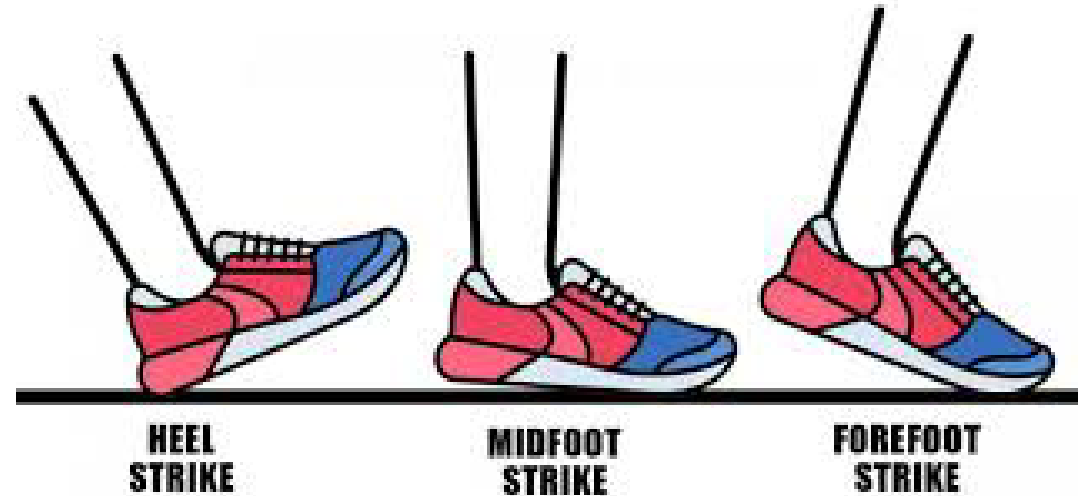


INJURY PREVENTION

Foot strike pattern

Stride length

Ground reaction force



INJURY PREVENTION

DYNAMIC WARM UP

- 5-10 min
- Gradual increase in HR
- Target end ranges of motion

COOL DOWN

Walk

Stretching & mobility

Rehydrate & re-fuel!

FOOTWEAR

SO MANY CHOICES!



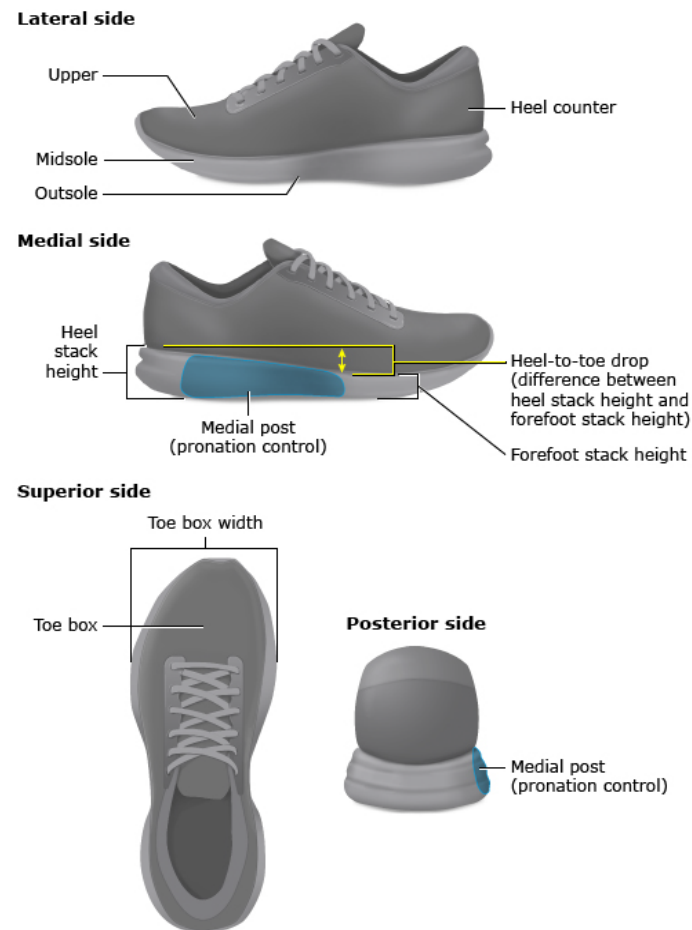
- Variety
 - High drop, zero drop
 - Race shoe, Speed/tempo shoe, daily trainer, recovery shoe, plate vs no-plate
 - Support vs neutral vs minimalist vs maximalist
- NO "GOLDILOCKS" SHOE
 - And if you find it, company is going to change it
 - Try to run in more than one pair/kind
 - Find one that works for you and feels good when you run
 - Running shoe store or online with RETURN POLICY

INJURY PREVENTION

Based on comfort; less on structure

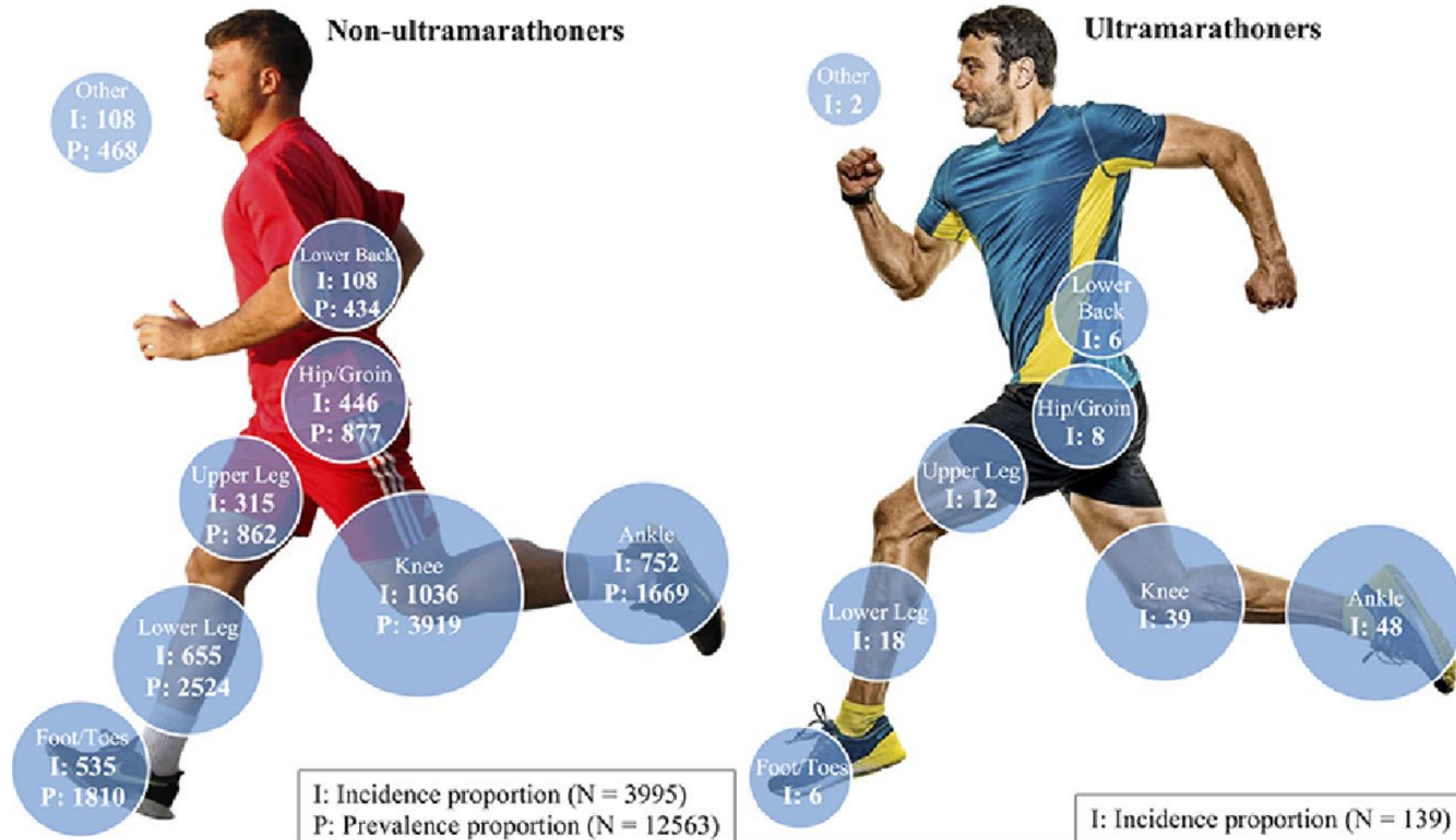
New shoes lose up to half their cushioning after 250 to 500 running miles

What about orthotics?



Shoe characteristic	Description
Upper	Cloth or fabric part of shoe that contains the foot.
Midsole	Material underfoot, including foam, pronation control structures, and any other cushioning.
Outsole	Bottom of the shoe. Traditionally made of rubber. Main determinant of grip and durability.
Heel counter	The firm "cup" surrounding the calcaneus to improve fit and reduce slipping. Ranges from very firm to nonexistent.
Heel-to-toe drop	Difference between heel stack height and forefoot stack height: <ul style="list-style-type: none"> Zero drop = heel and forefoot are same height 0 to 4 mm = low drop 5 to 10 mm = moderate drop >10 mm = high drop
Stack height	Height of material underfoot, traditionally measured at the heel.
Cushion	"Softness" of the shoe. Highly cushioned shoes do not necessarily have a high stack height. Foams in the midsole can be adjusted to create a firmer or softer cushion.
Toebox width	Width of the forefoot of the shoe, traditionally measured at the widest part of the forefoot.
Stability/pronation control	The degree of pronation control is established through appropriate placement of high-density foams and other structures along the medial shoe: <ul style="list-style-type: none"> Neutral = minimal to no pronation control Stability = mild to moderate pronation control Motion control = maximal pronation control
Flexibility	Stiffness of the shoe, usually evaluated by the ease with which the midsole can be folded or bent. "Stiff" shoes can still have highly cushioned soles.

RUNNING INJURIES



INJURIES

Soreness vs Pain

When to see a
healthcare
professional

Early intervention

Returning to running
following injury

Return to Running

-Start with a 5 minute low-impact (bike, elliptical, walking) warm-up activity followed by static stretching of your hamstrings, quadriceps, calves, IT band, hip flexors and adductors

-End with a 5 minute low-impact (bike, elliptical, walking) cool down activity

- Jog a maximum of 3 days per week, with a minimum of 1 day between sessions. Supplement your training regimen with other cross-training activities such as biking, elliptical work, or swimming. Consult your therapist for advanced recommendations

-Each phase should be completed symptom free for 2 consecutive sessions prior to advancing to the next phase

- If you have any symptoms with your current phase, restart the previous phase and repeat it 2 times before advancing back to the current phase. Then advance as you originally would have advanced through the program.

Phase #I

-Walk 2 min

-Jog 3 min

-Repeat the above 3x for a total of 15 min

Phase #II

-Walk 1 min

-Jog 4 min

- Repeat the above 3x for a total of 15 min

Phase #III

-Walk 2 min

-Jog 8 min

-Repeat the above 2x for a total of 20 min

Phase #IV

-Walk 2 min

-Jog 15 min, consecutively, if pain-free.

-Repeat just 1x for total of 15min

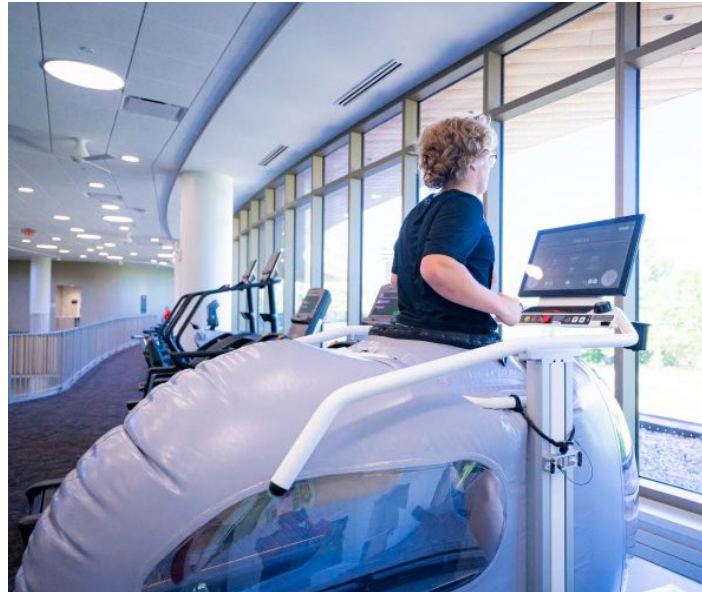
-Upon successful completion of the four phases above, a general recommendation to advance your running is to increase your volume (mileage, time) by no more than 5% to 10% each week, as long as you are symptom free.

CROSS TRAINING

Aquatics



Boost Treadmill



Cycling



CROSS TRAINING

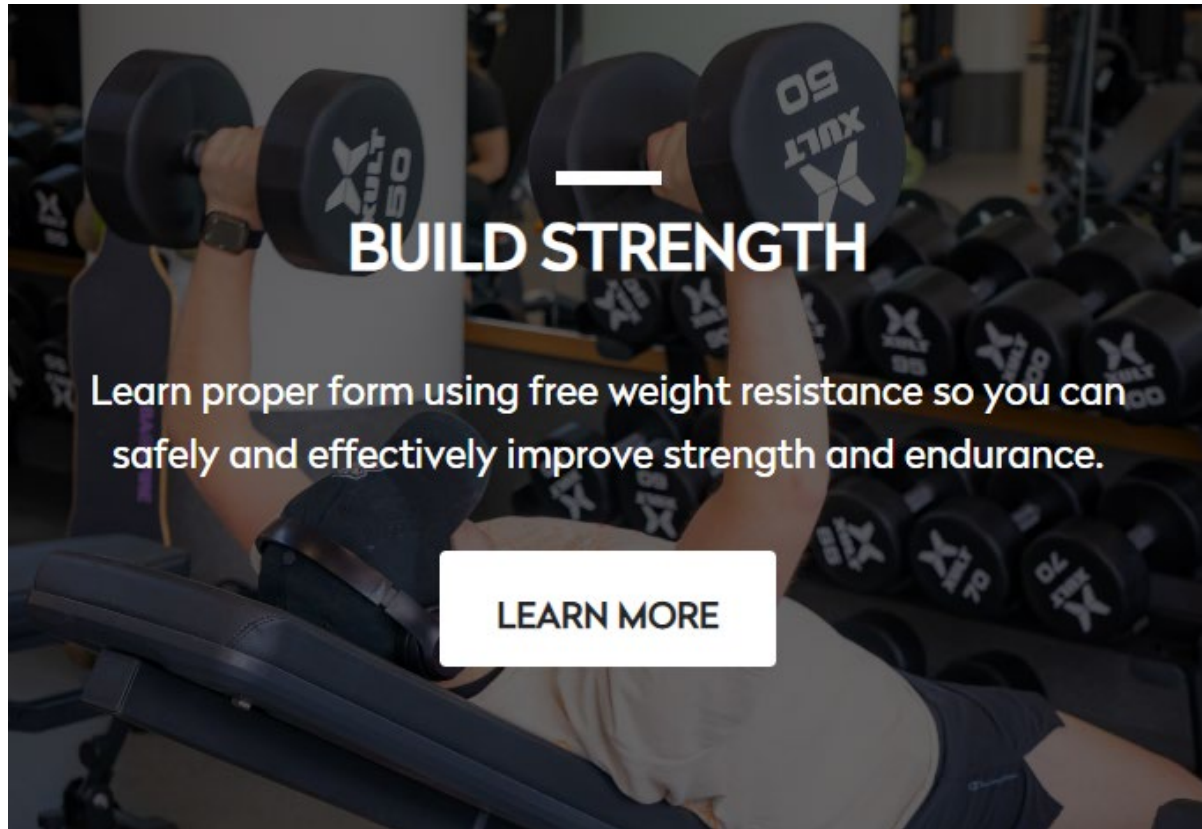
Yoga & Pilates



Upper Body Cardio



INJURY PREVENTION



- Total core strengthening
- Hip strength
- Quad strength
- Ankle proprioception & strength
- Intrinsic foot "core"

Examples!

PROGRESSIVE TRAINING

- PROGRESSIVE OVERLOAD IDEA
- Slow and steady progression of mileage per week.
- Muscle adapt to use and overload, but is a balance between adaptation and overuse
- More days per week is not better. Need Rest.
- Decreased race-related injury risks at peak 23 miles/week for ½ marathon and 40 mi/wk for marathon.
- **LISTEN TO YOUR BODY**
- **THERE WILL ALWAYS BE ANOTHER RACE**

PROGRESSIVE TRAINING

- **Beginner (< 6 months running)**
 - Give yourself longer than you think ~8 weeks for 5K
 - 12 weeks of 10 K; 14-16 weeks for ½ marathon, 6-9 months for marathon
 - Run Walk Run
- **Experienced runner (>6 months)**
 - Current mileage per week should at least race distance
 - Should be able to run 5k regularly and 4-8 miles on long days
 - Running 2-4 days a week
 - Increase speed and performance
 - Mixing in tempo, speed runs, hills, and long runs

INJURY PREVENTION

MAKE REST A PART OF TRAINING

- REST allows body to repair and get stronger
- Without adequate rest your body will break down
- 2-3 rest days at minimum as start a plan.
- Can be active recovery with other exercise but avoid jumping, sports with running, or repetitive use.
- Yoga, Pilates, Strength training but still need rest for legs

TRAINING PLANS

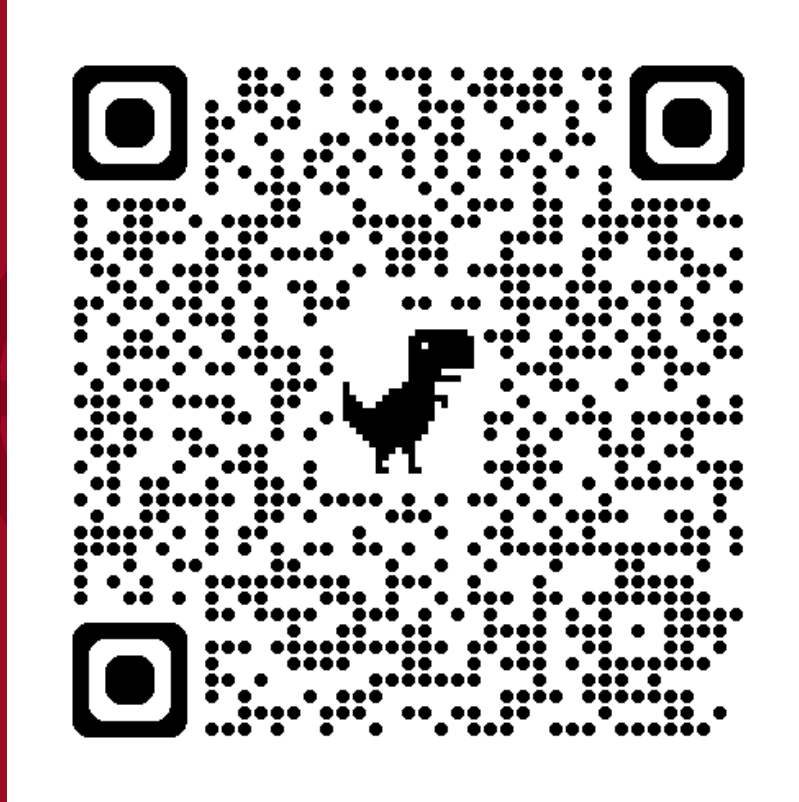
- RunDisney
 - RunWalkRun
 - Great for Beginners and long distances
- Runner's World
 - A ton of different plans for all levels
 - Can be a little shorter than ideal
 - Need to sign up for subscription
- Nike Run Club
 - Can sync with NRC on wearable device



1/2 MARATHON PLAN



FULL MARATHON PLAN



NUTRITIONAL CONSIDERATIONS

Hydration

USOC Website

<https://www.usopc.org/nutrition>



- Important for performance and recovery
- Before: 12-24 hours up to 2 hours before
 - Avoid sloshing
- During: 4-12 oz per 20 minutes of running
 - Depends on individual and temperature
- After: 24 oz per pound lost
- Water vs. Sports/hydration mixes
 - Salt
- Keep urine pale. Monitor Headache and dizziness

KEY POINTS

1. There are *intrinsic* and *extrinsic* injury risk factors for runners
2. Training volume and REST are important
3. Consider cross training
4. Strength training should focus on quads, core, hips, feet
5. Training plans are *guides*
6. Learn how to fuel your body during the training period
7. Injuries are common & should be addressed EARLY

Q & A

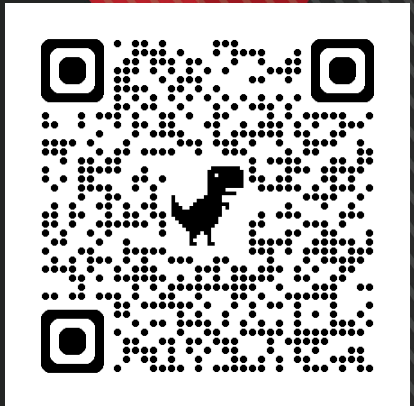
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THANK YOU

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