

HOW TO NOT GET INJURED

BEFORE YOU GET INJURED

None of us like getting injured. The trick, though, is to stop the injuries BEFORE they happen. The following are 10 simple steps you can take to help avoid getting injured before you get injured.

STEP ONE: SLEEP. Get sleep. You need to get sleep. No four hours. Not five hours. Lots.

STEP TWO: DRINK WATER. Lots of it. Is it hot out? Drink water. Is it humid? Drink water. Is it cold? Drink water. Do you have a hard workout today? Drink water. Do you have an easy workout today? Drink water. Is it a day ending in the later “Y”? DRINK WATER.

STEP THREE: WARM-UP EFFECTIVELY EVERY DAY. This means maintain a nice, fluid jog on the warm-up. This means making sure you are doing a good job with your dynamic stretching, doing the movements *correctly and fully*. Commit to the little things.

STEP FOUR: WORK HARD ON HARD WORK DAYS; REST ON REST DAYS. This one is essential. If we’re working hard on the track, work hard. But if it’s a recovery day, you NEED TO REST. This means doing the workout that is prescribed (that is, not harder than assigned) AND it also means rest that night. Don’t go play full-contact inner-tube ultimate Frisbee for four hours that night. Instead, go home, eat a meal, compliment your mother, and go to bed.

STEP FIVE: DO THE FULL AND APPROPRIATE COOL DOWN. Even if you are 100% wiped out and you are completely exhausted from the workout, jog the full cool down.

STEP SIX: COMMIT YOURSELF TO YOUR STRENGTH TRAINING. Our time in the weight room and our general strength circuits are ESSENTIAL for injury prevention. A strong core protects you from breakdown. Therefore, do your strength work fully and do it well.

STEP SEVEN: ICE REGULARLY. Don’t just use icing as a mechanism for healing; use it as prevention. Take a weekly ice bath. The first time will be awful, but you’ll come to love it.

STEP EIGHT: TACKLE SORENESS INTELLIGENTLY. Are you sore? Go for a nice walk. Stretch some after (don’t stretch on cold muscles). Get some sleep. Take an ice bath. Don’t do dumb things like take a hot bath (no matter what your Aunt Gladys says) or eat a package of Oreos.

STEP NINE: CRAP IS FOR THE BATHROOM, NOT FOR YOUR BODY. Speaking of Oreos: don’t put nonsense junk into your body. Having a couple Oreos is fine. Having 30 is not. Be conscious of what you ingest and how it impacts your ability to work and rest. And of course, substances like alcohol or marijuana are *absolutely incompatible* with athletics. Anyone who tells you otherwise is either seriously confused or a complete and utter imbecile (“imbecile” means “a stupid person”). You can feel free to tell them that, and you can tell them Mr. Klein sent you.

STEP TEN: SLEEP. Seriously, if you run a crazy hard workout on the track, kick butt in the weight room, then go home and play video games until 4:30am, you have basically ruined the effectiveness of that work. Your body needs REST for the workout to count. SLEEP.