

INJURY-PROOF YOUR RUN

**Your Guide to Faster,
Healthier, and Happier
Running**



JOAN SCRIVANICH, MA, CSCS

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By

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Introduction

Whether it was a few days or it dragged out for months, chances are, most of us have been injured at some time in our running careers. No one likes being injured and the resulting time off it takes from training. No matter what kind of runner you are, a serious runner looking for qualifying times or a casual 5k runner, your well-being and your running will benefit from following these guidelines in your training.

If you're the type of runner that always seems to be getting one injury or another, I'm here to tell you it doesn't have to be that way. Don't resign yourself to constantly being injured. Most likely, you just need to make a few tweaks to your training or running form. By following the advice in this book, you can keep yourself healthy for a lifetime of running.

If you're an athlete looking to improve your times, then you know staying healthy and injury-free is vital to your running career. You can't train well if you get injured, and you can't race fast if you aren't training well. For you, staying healthy and injury free may even be crucial to your livelihood. In these instances, you'll want to do everything you can to keep yourself healthy and injury free.

On the following pages, you'll find clear and understandable steps you should take for better running and training. Advice I give athletes on an almost daily basis is now available for you to use and train in a better way. All of the advice on these pages will help you run well and I hope you incorporate all of it in your training routine. But if any of it feels overwhelming or difficult to add because of a busy schedule, then start with one thing at a time. Implementing only one thing will help you along the way. Something is better than nothing and incorporating these tips one at a time into your training will be the start of your injury-free running.

Perfect Your Running Form

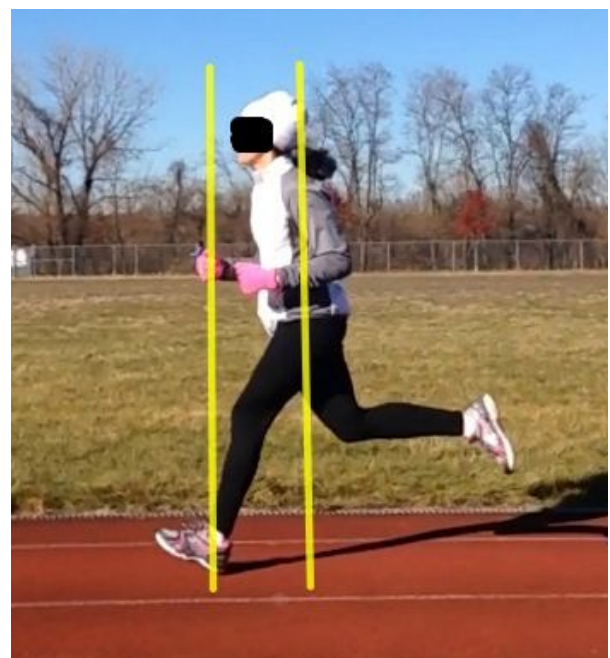
Many of you may already know that running form and technique is important for becoming an efficient and fast runner. But did you know good form can also help prevent injury? While I believe everything in this book is important for running well, this is the most important.

By running with good form, you'll run more efficiently. This means you use less energy at the same pace you would run with bad form. Does this mean it's ok to run with bad form if you want to burn more calories? Definitely not. By running with better form, you'll also be less prone to injury because you won't be putting as much strain on your joints.

When it comes to running form, a lot of people ask "how should my foot land?", but you can't focus on one small aspect of your form and ignore the rest. You have a whole body on top of those feet! When I talk about running form and technique, I'm talking about not only your feet, but your legs, hips, body, and arms. So what we look at is actually your whole body, not just your feet. What's more important than being a heel-striker or landing mid-foot is that your foot is landing underneath you, close to your center of gravity, and that you're not overstriding. Overstriding will slow you down; it's like braking with each step you take.

Below, you can see an example of each. In figure 1, the runner's foot first makes contact with the ground very close to their center of gravity. This makes for a smooth transition in the stride.

In figure 2, the runner's foot contacts the ground ahead of them, causing them to slow down during their stride. Reestablishing that lost momentum takes energy that could be put to better use.



Another part of running form is the lean. Think of running as controlled falling and letting gravity do the work for you. In order to take advantage of this, you want to have a small lean. That lean should be coming from your ankles, not from your waist. The more you lean, the faster you'll go. Feeling like the speed is getting a little out of control? Straighten up and you'll slow down.

It's important to remember that the lean starts at your ankles. For those of you who tend to bend over at the waist when you run, concentrate on bringing your hips forward and running a little taller.



Perfecting and correcting your running form takes time, so don't expect overnight results. Consistently performing running drills and strength training will help improve your form. I like to incorporate drills in a dynamic warm-up after an easy jog.

Investing in a video analysis by a professional coach will help dial in your form and correct any weaknesses and inefficiencies. While you may think your running form is good, having a video taken of yourself running will really show you how you look while running. Remember, no one is perfect and we should all be continually working on improvements. A run video analysis is a very in depth review of your running technique with corrective actions that can be incorporated into your training.

Ideally, a video analysis should be performed either outdoors or on an indoor track, not on a treadmill. While it can be done on a treadmill, a run analysis performed this way will not show your true running form because running on a treadmill causes your run mechanics to change. Since the goal of a run analysis is to improve your running for upcoming races and reduced injury risk, I advise my run analysis clients to get videos of themselves running on a flat trail, road or a track.

Strength & Core Work

Including core work and strength training into your program will help with both your form and injury prevention. A strong core and strong muscles will stabilize your body while running and will help you better withstand all those miles you put in.

The core is vital for both sports and for your daily life. It is your powerhouse and keeps you solid while performing various movements. With a weak core, your movements may feel sloppy at times because it is not supporting the complicated moves you attempt, especially those that require stability and balance.

A strong core:

- Helps keep you balanced and stable
- Helps you get up hills easier
- Contributes to better running form
- Prevents back pain

Some of you are probably thinking "A strong core = strong abs, better start doing some sit-ups."

Oh, but that's just the beginning.

Your abdominals are only part of the equation. The core actually comprises the muscles of your trunk, or middle section, which include:

- Abdominals
- Pelvis
- Back
- Glutes
- Hips

If you're not already including core exercises in your strength training routine, it's time to start. Include exercises that will not only strengthen all parts of your core (the front, back, and sides), but also twisting exercises, such as the windshield wiper or Russian twist.

Healthy Feet = Happy Running



Your feet carry you across many miles, so how can you take care of them so that you can keep going strong? Here are a few ways to keep your feet healthy and happy for many miles to come.

Keep Your Feet and Ankles Strong & Balanced

Your quads, hamstrings, and glutes aren't the only important muscles that get you through your long miles. It's also important to strengthen both the extrinsic and intrinsic muscles of your feet. These are muscles that are responsible for inversion, eversion and flexion as well as fine motor actions of the foot.

How to strengthen the muscles of your feet:

- Walk barefoot whenever you can: around the house, on the beach...
- Walk on soft, uneven surfaces, like dirt trails and sand.
- Scrunch up a towel with your toes.
- Write the alphabet in the air with each foot.

How to work on your balance:

- Use a balance board.
- Stand balancing on one leg (barefoot) on an air disc or balance mat.
- When standing on one leg gets too easy, try closing your eyes, crossing your arms, or do squats on the air disc.

- When these are too easy and you need more of a challenge, try using a Bosu for more balance training options.

Stretch & Massage

Stretch out your calves and feet after your workouts, just like all your other muscles. Stretching after a workout feels good and helps loosen up tight areas.

Ways to stretch your calves and feet:

- Stand facing the sidewalk with one foot on the edge of a curb and drop your heel. (do this with your knee straight, then with your knee bent in order to stretch both the upper and lower calf)
- While sitting with your legs stretched out, use a strap around your foot to pull your foot in towards you.
- Stand facing a wall with your foot on the floor and your toes up against the wall to stretch your arch. Bend your knee for a deeper stretch.
- Massage your calves with a foam roller or massage stick.
- Massage your arches with a golf ball or foot massager.

Keep Those Toenails & Callouses in Check

Keeping your toenails trimmed and filed not only helps your feet look good, but also helps prevent black toe nails and cuts along your other toes. If your toenails get too long, they'll catch and bump the inside of your shoes and socks which can lead to black toe nails. They can also rub against your other toes causing cuts and chafing.

Callouses are the body's way of protecting itself from friction and can build up if not filed down. You can file down large callouses to keep them smooth and under control.

Run with a Good Pair of Running Shoes

I often get athletes asking which running shoes they should get. There is no clear cut answer as to which pair of running shoes you should use. We each have different foot shapes, body weights, and biomechanics, so the shoe that works for you may not necessarily work for the next runner.

My advice to you is to run with the shoe that feels comfortable. Go to your local running store, try on different types of shoes, and take them for a test run. For some of you, the perfect shoe may be a minimal running shoe, for others it may be a maximally cushioned shoe.

As much as we like fun colors, fit and feel are the most important things in your running shoes. Some things to know about your fit are:

- Is the shoe the correct width?
They should not be too wide or too narrow.
- Is the shoe the correct length?
You'll have to go up a size or two from your usual shoe size so that your toenails don't catch or rub. There should be about a thumb width between your big toe and the front of the shoe.
- Is your heel locked in and not slipping out?
- If you use custom orthotics, do the shoes accommodate them well?

So remember, if it feels good and is comfortable, it's most likely the shoe for you. It's funny that such a complicated question with no clear cut answer actually has a simple solution.

Take Recovery Seriously

Recovery is something that you should be working on during the weeks and months leading up to your race as well as after your race. Consider it part of your training. Various recovery modalities will not only help you feel better, but will also prepare your body for the next workout so you can get the most benefit from those workouts. Incorporating recovery techniques into your training leads to both long-term and short-term success; it's where improvements are made as a result of all the training you've done. Something is better than nothing, so even if you're limited with time, any technique you incorporate into your plan will be helpful.

So what types of recovery should you use? You most likely already include active recovery days, days off, adaptation weeks, and an off-season as part of your year round training plan, but the following techniques will aid you in your training recovery.

Cool Down

After a hard effort, don't just stop and sit down. Keep moving at an easy effort to bring your body back to normal levels. This will gradually bring your heart rate back to normal and keep your blood from pooling in your extremities.

Sleep

Don't under estimate the importance of sleep to your recovery and overall wellbeing. Lack of sleep affects both your ability to recovery and the ability to perform well at your sport.

Athletes who get at least 8 hours of sleep are less likely to get an injury. Insufficient sleep has also been associated with obesity, impaired memory, and serious health problems.

Nutrition and Hydration

Your post-workout nutrition will vary depending on the time of year and where you are in your season. Your daily nutrition also plays an important part in not only your health, but also how well you perform.

Hydration and electrolytes are always important, regardless of what time of year it is. After workouts, rehydrate by drinking 24 ounces of fluids with electrolytes for every pound of body weight you've lost from that training session.

There is no clear cut answer to how much you should drink throughout the day to stay hydrated. When gauging how much you should hydrate during the day, don't rely on calculations or a set amount of ounces to consume. The best rule to follow is based on urine color throughout the day. While urine color can vary based on various factors, you should generally have a pale yellow color and you should be urinating every 2 to 3 hours.

During your base training, when there is very little intensity or long runs in your program, eating for recovery after your workouts is not needed. Focus on rehydrating after those workouts.

During times of higher intensity training and competition, you'll want to refuel after intense or long workouts. There's a 30 minute "window" after your workout that you should aim for when refueling. During this time, be sure to eat or drink a combination of carbohydrates, protein, and sodium.

Massage

Getting a massage is not only relaxing, but also loosens muscles and gets rid of knots and tight areas. But if you can't get a massage or when you're in between massages, use a foam roller or other self-massage tool.



Compression

Compression has been used in the health care field for years in order to prevent blood from pooling in the legs and to help improve circulation. If you plan on flying or driving long distances, wearing compression assures better leg circulation which helps prevent deep vein thrombosis, or clots. If you're not wearing compression, you should take some short walking breaks or move and tighten the muscles of your legs periodically.

Although it hasn't been proven to help while racing and exercising (there are mixed reviews in the research), it won't hurt to try it out. If you feel a difference, then by all means use it.

Besides compression socks, another option is compression recovery boots. These boots inflate and use dynamic compression in order to massage and aid in your recovery.

Muscle Stimulation

Electrical muscle stimulation is another great option for recovery and chronic injuries and is now more readily available to the public. If you've been through physical therapy, you're probably already familiar with this type of treatment. Pads are placed on your skin over certain muscles and small electrical impulses stimulate those muscles resulting in contractions. This helps athletes by increasing recovery and decreasing pain.

Cold & Heat

Cold and heat are great tools for recovery. Using cold helps reduce inflammation, while heat helps increase circulation and loosen muscles. Examples of cold and hot modalities include: ice baths, ice packs, moist heat packs, whirlpools, and contrast therapy (alternating hot and cold).

Ice therapy has been under scrutiny lately as to whether or not it really does benefit injuries. My suggestion is to go with what feels right for your body. If you feel it helps, use it. There are some people who don't feel ice helps them. In those cases, don't feel obligated to ice. The same goes with using heat. So when it comes to heating or icing a chronic injury or little aches and pains here and there, it really comes down to a personal preference. Some athletes like ice baths

(or a cold river) after a long hot run, while others like hot tubs after a swim workout. Each athlete will prefer ice and heat in certain situations, so experiment to see what works for you.

A few key points to keep in mind regarding cold and heat:

- If you have an injury, use cold therapy in the first 48 hours, not heat, in order to promote healing and decrease swelling.
- Heat can be used on an injury *after* the first 48 hours.
- Colder is not better. Ice baths should be between 55 - 65° F and not be below 45° F
- Heat can be used before exercise, but not ice. Heat will loosen muscles while cold will tighten them, so save the ice for after exercise.

Warm-Up The Right Way

Wondering if warm-up routines for runners really are needed before training or racing?

I remember my college coach making sure we all got our warm-ups in before races and track sessions. I would always think to myself “but what if I run out of energy?!” Well, majoring in biology and psychology, I of course had to look into the matter further so that I could understand the physiological and psychological effects of warming-up. Frankly, I often used running in any school research or paper every chance I got.

So, is it worth it to include a warm-up? Definitely.

Rise Endurance athletes know how important warming up is. In fact, warm-up details are spelled out in every workout they get. Why? Because performing a warm-up prepares your body for higher intensity exercise. It increases your heart rate, increases your core body temperature, increases breathing rate, and loosens up your muscles and joints. It also helps you mentally prepare for what you’re about to do.

In addition, performing your usual warm-up before races brings down anxiety levels. You become more calm and comfortable by performing your usual routine and feel at ease when you do the things you normally do on a daily basis. Performing a warm-up before training sessions helps you mentally prepare for your workout and helps you make that switch from co-worker, boss, or parent to athlete.

Warming up has evolved over the years. What used to be an easy jog followed by static stretching is now a bit of jogging followed by dynamic movements and then perhaps some strides. The static stretching is now saved for after the workout.

Warm-ups don’t always have to be the same; they vary depending on your training session or goal of the race. Generally, you want it to last anywhere from 5 to 20 minutes. The length of your warm-up will depend on the type of workout you have planned.

Sometimes, it may be enough just to start out with an easy pace as part of your run. But if you’re planning a fast track session or are planning on racing your fastest in a race, then a full warm-up is needed.

Cooling Down

A discussion about warm-ups wouldn't be complete without including talk about stretching and cooling down after a workout.

A warm-up prepares your body for higher intensity exercise by increasing your heart rate and core body temperature, and loosens up your muscles and joints. It also helps you mentally prepare for what you're about to do.

Cooling down on the other hand has the opposite effect. Walking or an easy jog after a workout gradually will bring your body back down to normal levels.

Think of it as the reverse of a warm-up. Where a warm-up gradually increases blood pressure, body temperature, heart rate, and breathing rate, a cool-down will bring down your blood pressure, body temperature, heart rate, and breathing rate.

Cooling down also prevents blood from pooling in your legs. After exercising, blood will collect in the working extremities because your muscles are no longer contracting and pushing the blood in your veins back up to your heart. This can result in dizziness or fainting.

So after a hard effort, don't just stop and sit down. Keep moving so that the physiological changes your body has gone through will gradually return to normal levels. This is why cool-downs are included in every Rise Endurance workout.



As for static stretching: Save it for after your workouts as part of your cool down. Studies have shown that static stretching actually reduces the power your muscles can produce for up to two hours. And that's not something you want during an important race.

During a good dynamic warm-up, you actively stretch out your muscles and your joints go through a full range of motion. And that's exactly what you want before your workouts.

Static stretching after a workout not only feels good, but is great for increasing flexibility. It's also great for stretching out those tight areas we all have; for example, the hip flexors.

Increasing Mileage

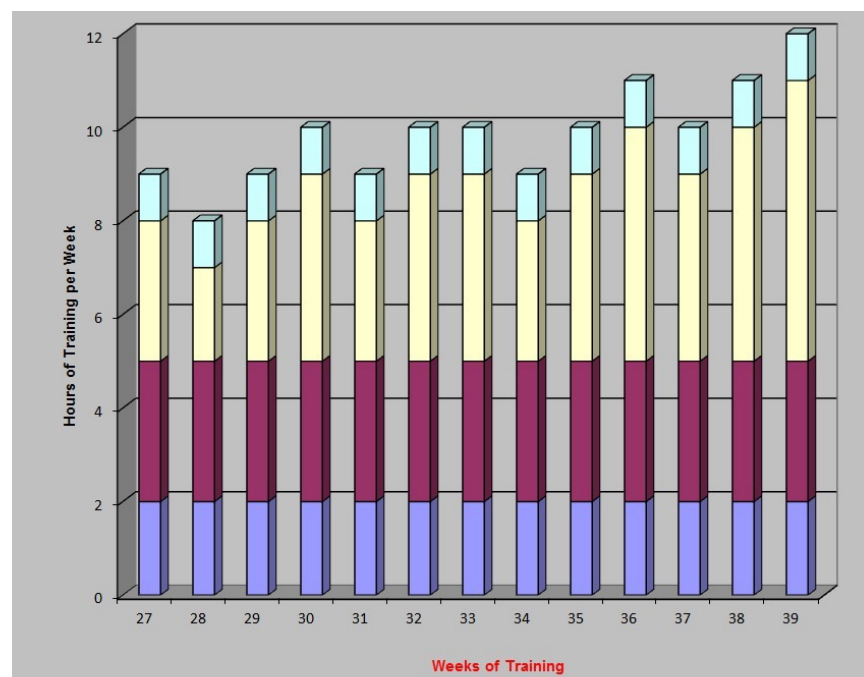
If you're serious about your running and your finishing times, you'll be running more than the minimum weekly mileage in order to finish a race. Your weekly volume of running is important for improvement and fast times, but the key thing to know here is that you want to run enough to stimulate your running, but not so much that you can't recover from it. In other words, don't increase mileage more than your body can recover from.

If going over a certain mileage leaves you feeling flat or needing a few extra days of recovery, then you'll miss out on workouts the following days, which means the higher mileage isn't working for you. You may feel like a tough athlete for completing the mileage, but what good will it do if you end up either missing or not being able to perform certain workouts during the following days?

If you're new to running, then focusing on the minimum weekly mileage needed to complete the distance of your goal race may be enough to start with. As you gain experience in running, you'll be able to gradually increase your weekly mileage and your long runs. A general rule of thumb is not to increase your mileage more than 10% each week.

No matter what kind of athlete you are (beginner, veteran, or elite), you need to take into consideration more than just your weekly training mileage. Frequency, intensity and duration also affect your training load. In addition, the stresses of life and work, along with training intensity and weekly mileage, all account for your training load.

Learning to listen to your body and understanding perceived effort are important in knowing how your body reacts to your training. Using perceived exertion together with GPS and heart rate monitors will help determine your best training loads and recovery.



Follow A Plan

Whether you create your own training plan or have a coach that creates one for you, you need to follow a plan. Deciding day by day what kind of workout to do is not the way to train.

Periodized training helps you peak for your goal race and helps you recover and focus on weaknesses in the off-season. Following cycles of training specific to the time of year and your races will mean you vary your workouts depending on where you are in your training and fitness, as well as when your race is.

Joan Scrivanich | Coach Edition



Training Plan							
Calendar Dashboard							
MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY							
Week 16	Day 106	107	108	109	110	111	112
	2200 yds Swim Drill Session	1:30:00 Track Reps - 4 x 800m reps - Z2/Z5 - 1:30hour	3900 yds Spd/End MS; 16x50 easy/hard, 6x100 buoy, 4x300 race pace; 3900m 1:20hr	2:00:00 Bike/Run (4 x 8min/ 800m) - Z3/Z4 - 2:00 hour	Day Off - Recovery Day	2:15:00 Long Run + 6x10min - Z3 - 2:15 1800 yds Base (Ae); MS: 9-1x25 TECHNIQUE; 1800m 0:40min	2:00:00 Cycle St/Endur - Hill Reps (4x12) Z3-Z4 @ 75-80RPM 2:00hours 0:30:00 Strength
SUMMARY	Total Duration 11:15 00:00 Swim Distance 7900 0.00 yds TSS 0.0 TSS						
Week 17	Day 113	114	115	116	117	118	119
	3100 yds Recovery; MS: 4x(4x50/100, 100/200/300; 3100m 1:00hr	1:30:00 Run Track (6x600s + 4x200s) Z4+Z5 - 1:30hour 1:25:00 Long Bike + 4x7min - Z4 - 1:25	3700 yds Strength (Str. + VO2); MS: 8x250 build, WPO, fast; 3700m 1:15hr	1:15:00 Hill Running (3x8min) - Z2/Z4 - 1:15hour 0:30:00 Strength	Day Off - Recovery Day	2:00:00 Long Run + 8x8min - Z4 - 2:00 2600 yds Base (Ae); MS: 6x100, 600; 2600m 0:50hr	2:00:00 Cycle Strength - hills - (5x7min) @ 75RPM 2hours
SUMMARY	Total Duration 11:45 00:00 Swim Distance 9400 0.00 yds TSS 0.0 TSS						
Week 18	Day 120	121	122	123	124	125	126
SUMMARY							

If you have the discipline and know-how of creating your own plan, then be sure to plan ahead and know when you should be working on strength, endurance, and speed. Getting a generic plan from a book will get you through your season, but keep in mind that it is generic and may need to be tweaked to work better for you and your upcoming race. The best way to have a fully customized plan would be to find a good coach that can work with you and take into account your lifestyle and athletic abilities.

Wondering what makes a good coach and how to pick the right one? There are many more coaches available to the general public now than there were a few years ago, which can make finding the right coach a tough decision. Some coaches either are or were pro athletes themselves, but does that make them a better coach than someone who is an average athlete or doesn't participate in the sport at all? Not at all.

If you're wondering why that's the case, ask yourself – “Do I want Michael Phelps as my coach? Or Michael Phelps' coach Bob Bowman?”

Some of the best coaches in the world have never reached the level their athletes have reached. Not all Olympic coaches were elite level athletes, but they know how to get their athletes there.

Coaching is an art and a science. It's about seeing potential in someone and being able to teach and push the athlete just the right amount. It's about knowing an athlete's weaknesses and strengths and developing that athlete to their potential.

Coaches wear many hats. We're leaders, motivators, teachers, psychologists, and cheerleaders.

So what should you look at when deciding on a coach? Here's a list to get you started:

- Education and Experience
- Certifications
- Attention to detail
- Understanding of physiology & biomechanics
- Understanding of both daily & sport nutrition
- Understanding of training program design
- Understanding of sport psychology

Don't overlook whether or not a coach is certified in the sport. Certified coaches have invested their time and money into their profession. They are required to recertify in order to keep that certification, and good coaches always continue to learn.

After looking at all this, you still need to know if you and the coach are a good fit. The best way to do this is to talk to the coach; don't be afraid to reach out.

A few traits you may want to consider when looking at a coach:

- Honesty
- Passion for what they do
- Inspiring
- Respectful

Consistency Matters

Want to know the secret to performing well in all your upcoming races and staying injury-free?

It's Consistency.

Consistency is THE most important thing leading to your success in endurance sports, whether it's running, triathlon, cycling, or swimming.

What makes consistency the secret sauce? How can something as mundane as consistency help you perform well in your races?

Recovery days and days off are needed in order to recover from and prepare for more training. It's also when the body adapts to the training that was done. But you shouldn't skip a day of running and make it up another day by adding the two days together. Inconsistent and minimal training may maintain your fitness but will not help you become a better athlete. In fact, skipping training days too often along with drastic increases in mileage will lead to injury.

Being a good athlete requires patience and commitment. Whether your sport is running, triathlon, cycling, or swimming, it can take years to build up to our full potential. That long term consistency is what builds your experiences in the sport and makes your body resilient with stronger muscles, ligaments and tendons.

So now that you know why consistency is important, I'm sure you'll want to know what else leads to improvement in your sport. Periodized training plans, form improvement, speed work, recovery, along with strength and corrective exercises all play an important role in your training and success. We've discussed most of these topics earlier, but it's worth summarizing.

With a periodized training plan, focus is placed on strength, endurance, and speed at various times leading up to your A race so that you can peak for that race. How these are scheduled into your training varies based on the type of athlete you are, your strengths & weaknesses, and when your A race is scheduled.

Form improvement increases your efficiency, which means you use less energy at a given speed. Why make your body work harder than it needs to? Good form results in more efficiency, less fatigue, more speed, and lower risk of injury.

Speed work teaches your body to go faster and also helps with efficiency. You can't expect to go fast on race day if you haven't trained at that pace before.

Recovery is something that you should be working on during the weeks and months leading up to your race as well as after your race. Think of recovery as part of your training. Recover techniques will not only help you feel better, but will also prepare your body for the next workout so you can get the most benefit from those workouts.

Including strength and corrective exercises in your plan helps balance out your body by working those underused muscles and strengthening the important muscles needed to become faster in your sport. It's important to incorporate exercises that work areas where you are typically weak in order to prevent injury, keep the body balanced, and become a faster athlete.

So, you may be able to finish a race with inconsistent training, but you'll be injury prone, you'll plateau, and you won't be able to improve your race times. With consistent training and all the extras listed above, you'll be able to reach your potential.

Safety Out on the Roads

No discussion about running is complete without the topic of safety. While not directly related to running injuries, safety while training is still a very important subject and safety on the roads will keep you running longer.

The following list of safety tips is good to keep in mind when running outdoors. Most of these tips can be used year round, no matter what time of day you workout.

- Be aware of your surroundings.
- Wear reflective clothing when it's dark or add reflectors, such as a reflective vest or arm band.
- Brighten yourself up with lights. Consider using a jacket with lights or using clip on lights.
- Wear white, bright colors, or fluorescent colors.
- Run or bike with a friend or a group.
- Stay in well-lit areas.
- Carry your ID with you and your cell phone.
- Tell someone where you're going and how long you expect to be out.
- Obey the traffic laws. Whether you're running or cycling, obeying the laws keeps you safe and gives non-athletes a more favorable impression of us.
- When riding a bike, always ride on the road with traffic.
- When running, use sidewalks whenever possible. If you must run on the street, run against traffic.
- Keep the music for your indoor workouts. Running or riding with earphones can be a distracting. Remember, you want to be aware of everything.

About The Author

Joan Scrivanich, MA, CSCS is a USA Triathlon and USA Track & Field Certified Coach as well as a Certified Strength & Conditioning Specialist.

Joan received her master's degree in Exercise Physiology from Columbia University in the City of New York. She worked in the healthcare field as an exercise physiologist in cardiac rehabilitation and research at the nation's top ranked hospitals in New York City.

Joan has been an athlete for most of her life. She used to be one of those little kids on swim team before joining the cross country and track teams in high school. Later, she had the privilege of competing at a NCAA Division I college in both cross country and track. After having "been there, done that" in running, she decided to give triathlons a try and was hooked.

She now coaches runners and triathletes full time while also freelance writing. She loves helping athletes along their journey to reaching their full potential.

Find out more about Joan and her coaching at Rise Endurance LLC at <http://RiseEndurance.com>