

**Common Training Mistakes  
vs.  
Successful Road to a Healthy  
Finish Line**



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# Most Common Causes of Injuries

## ◆ Training

- Muscle Imbalances
- Muscle Weakness
- Over Training

## ◆ Biomechanics

- Running Form
- Bad Habits
- Wrong Footwear

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# Most Common Training Errors -The 'Toos'-

- ◆ Too Long Too Soon
- ◆ Too Long Too Many Times
- ◆ Too Fast Too Long
- ◆ Too Fast Too Many Times
- ◆ Too Little Too Often

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## Guide To A Successful Training The 'Dos'

- ◆ Do listen to your Coaches
- ◆ Do follow your Training Schedule
- ◆ Do listen to your body
- ◆ Do hydrate/eat for performance
- ◆ Do get the right shoes
- ◆ Do cross train
- ◆ Do Stretch

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## Common Running Form Flaws

- ◆ Leaning excessively forward
- ◆ Sitting back
- ◆ Rotation of the torso
- ◆ Over-striding
- ◆ Upper body stiffness

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## Common Training Flaws

- ◆ Repetitive course
- ◆ Repetitive speed
- ◆ Repetitive distance
- ◆ Let others set the pace
- ◆ Let others set the distance
- ◆ Lazy Nutrition & Hydration

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## 1: Building Phase

- ◆ Work specific Running muscles
- ◆ Breathing is your best friend
- ◆ Work on technique/form
- ◆ Erase Bad Habits
- ◆ Work 'other' non-running specific muscles
- ◆ Work on specific 'weakness'
- ◆ Get acquainted with X-Training

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## 2: Strengthening Phase

- ◆ Challenge yourself
- ◆ Discover the athlete in you
- ◆ Get 'Comfortable' with the 'Discomfort'
- ◆ Recovery becomes more important
- ◆ Listen to you body first then your training
- ◆ Do your own training, forget others
- ◆ Race: Test and Fail
- ◆ Do enough but not too much

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## 3: Pacing Phase

- ◆ Focus on pacing for your event
- ◆ Focus on your event course
- ◆ Recognize effort levels
- ◆ Seconds do matter
- ◆ Race: TEST and PASS



## 4: Peak Phase

- ◆ Highest Body Stress during Training
  - Harder workouts
  - Longer running days
  - Must run smarter
- ◆ Listen to you Body
  - Don't run hard on a tired body
  - Don't go harder than suppose to
  - Focus on your own effort



## 5: Tapering Phase

- ◆ Allow your body to fix itself
- ◆ Less distance, less effort
- ◆ Visualize the event and the course
- ◆ Positive thinking
- ◆ Mental Preparation
- ◆ Race Plan
- ◆ Think Nutrition/Hydration
- ◆ Rest: Stay off your feet

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## Running Should Be A Lifelong Event

- ◆ Always run with tomorrow in mind
- ◆ It's not about what you can do today, but what you want to do tomorrow
- ◆ NO make-up runs
- ◆ Remember what worked !
- ◆ Learn from the Failures !
- ◆ Something is always better than nothing
- ◆ Set realistic goals
- ◆ Don't be Afraid to Challenge yourself
- ◆ Race against yourself, use others to make you better
- ◆ Run with confidence
- ◆ Speed is 'Relative'

Most important:

8 FREAKING ENJOY IT !!!...AND BEHAVE!!