

4128 - In It for the Long Run:

Strategies for Longevity in Endurance Athletes (W/S)

Amanda Mercer, CSCS

Endurance athletes are plagued with injury and burnout. Learn effective exercises, tools, and tips to keep your long distance athletes in tip top shape and prevent over-training and burnout. Teach your clients to work with their training, not against it. Use these strategies to produce athletes who have years of success and enjoyment in their sport.

Defining the Endurance Athlete

An individual who performs an activity, such as running, swimming, cycling, cross country skiing, triathlon, and race walking, in which key muscles are exercised at sub-maximal or aerobic intensity for a prolonged period of time. Injury, over-training and burnout are commonly found among endurance athletes.

We want to create **STRONG** athletes:

Sustainable Training with Rest and Optimized Nutrition that is Goal-oriented.

Training the Endurance Athlete:

1. Classification
2. History and Evaluation
3. Goal Setting
4. Coach STAR endurance athletes

1. Classification - We need to know with whom we are dealing.

1. The extremely serious, disciplined, committed athlete
2. The fitness and semi-competitive athlete
3. The work hard, play harder athlete

2. History and Evaluation

If you don't know where you have been, you won't know where you are going. History tends to repeat over and over.

There isn't a right or wrong. It's simply DATA.

Note and Record:

1. Repeated injuries
2. Current injuries
3. Muscular imbalances
4. Overtraining/burnout
5. Signs of an eating disorder, disease, female athlete triad

3.Goal Setting

- 1.Their goals for their training and performance
- 2.Their goals for training with you.

4. Coaching the STAR Athlete

1.Strength

- 1.For injury prevention- what are the most common injuries for endurance athletes?
- 2.Corrective Exercise
 - 1.Extrinsic biomechanical factors
 - 2.Intrinsic biomechanical factors
- 3.Correspond with training periodization
- 4.Cross Training- what is cross training for endurance athletes???
- 5.Planes of motion

2.Training Periodization

- 1.Offseason
- 2.Preseason
- 3.Inseason
- 4.Postseason
- 5.Micro-Macro-Meso cycles

3.Athletic Nutrition

- 1.Know your scope of practice and code of ethics
- 2.Guide and educate on the IMPACT of proper nutrition on performance
- 3.Whole, REAL food
- 4.Balance
- 5.Food is fuel

4.Rest

- 1.SLEEP!!! This might be the most UNDERRATED component of training.
- 2.Daily rest- flexibility/stretching/mindfulness daily for at least 5 minutes
- 3.Weekly rest- recovery/true rest days
- 4.Monthly rest- post race or reduced volume training days
- 5.Yearly rest- don't underestimate the need for an endurance "vacation" or offseason