*Palmer High School Cross Country*

**Injury Prevention**

Even with the best training programs and adequate rest days, sometimes runners get injured. Factors that lead to injury are progressing too quickly in training, over-training (playing two sports at the same time), lack of sleep, outside stressors, poor nutrition, and improper technique.

There is a difference between being sore and tired and being injured. It is important for runners to know the difference. Runners should listen to their bodies. Soreness and tightness can be managed through continuing to run, a good stretching program and applying ice. Sleep is a huge factor in recovery. An injury should be managed with rest, ice and/or heat and plenty of sleep. Injured runners can keep conditioning through cycling and aqua jogging.

To prevent injuries it is important to listen to your body when participating in activities. If something doesn’t feel right, talk to your coach and they can help you make adjustments. If necessary, runners should see the Arapahoe High School athletic trainer for assistance.

**Getting Enough Sleep**

Sleep allows the body to recover, repair and grow. Proper sleep has huge benefits for mental health as well. Teens should get 8 to 10 hours of sleep every night. Naps can be included.

<http://sleepfoundation.org/ask-the-expert/sleep-and-teens-biology-and-behavior>