

THE INDIANAPOLIS STAR

★ "Where the spirit of the Lord is, there is liberty" II COR. 3:17 ★ 50 CENTS ★ STATE EDITION

**Dr. Peter Maiers
with Methodist
Sports
Medicine/The
Orthopedic
Specialists shares
his tips on . . .**



Injury prevention in training for half- and full-marathon

» **Don't overdo it** To avoid overtraining, monitor your heart rate closely; gradually increase intensity (number of hills or speed work) and duration (mileage); build in recovery days each week. If you see a change in resting heart rate, experience chronic fatigue or ongoing muscle aches and pains, consult a doctor.

» **Recover right** In addition to getting proper rest and nutrition, therapeutic methods can help you recover after a hard run. Try massage therapy, icing tired legs or taking a relaxing walk to stretch fatigued leg muscles.

» **Make sure the shoe fits** Shoes should be replaced every 300 to 500 miles to ensure proper shock absorption. Make sure that the distance between your longest toe and the end of the shoe is about the same as the length of your thumbnail.

» **Eat, drink and be healthy** Complex carbohydrates should make up 65 percent of your calories; protein (such as chicken, salmon, nuts, eggs), 10 percent; unsaturated fats (such as tuna, beans, avocados), 25 percent.

— Barb Berggoetz