

Coon Rapids Cross Country Healthy Training

Your overall health is very important to us. Please read this information with your parents/adults/runner at home to be more aware of the extra things that you can do to be a mentally, emotionally, and physically healthy student-athlete. Please talk with your doctor about the importance of having adequate ferritin levels as a young distance runner, male or female.

We are recommending that our student-athletes have their ferritin levels tested at least once per year, preferably before the start of a season (XC, Nordic & Track), and any time they have been feeling fatigued, sluggish, etc. for a period of a week or more without alternative explanation (homecoming week, etc.). The purpose of testing for ferritin levels is to monitor and treat a potential iron deficiency which can affect your overall health and running performance. The resources listed below are meant to provide information on the importance of this process.

Where to Start

[All Purpose Overview](#) *We are ideally seeking a ferritin level between 30-40 ng/ml. Research shows a serum ferritin score of around 30 is the minimum that you would want to see. Scores in the 40's and 50's and higher are desired. There is a genetic syndrome called hemochromatosis where the body is in a state of iron overload. This is why you need to be tested before taking an iron supplement so you are not in danger of this syndrome.

The best option is going straight to your doctor but, in the absence of symptoms, sometimes primary care physicians are reluctant to order that test. However, regular ferritin tests are extremely important for young runners to obtain healthy iron/ferritin levels.

When requested by a physician to take an iron pin, please follow these guidelines:

- Dosage & Timing

- Unless instructed otherwise by a physician (e.g. severe iron deficiency) do not take more than the recommended daily dose.
- Take in combination with a Vitamin C supplement to increase absorption
- Avoid taking with dairy products or those containing calcium two hours prior to and two hours after.

Articles and Information

[Runner's World Iron Deficiency](#) *Highly suggested reading

[Iron Depletion in High School Runners](#) *Highly suggested reading

[Adolescent female runners and puberty](#)

[Iron Deficiency, Anemia, and Endurance Athletes](#)

[The Female Athlete Triad](#)

[Iron-Rich Foods to Eat](#)

[Impact of Iron Depletion without Anemia on Performance in Trained Endurance Athletes](#)

[Iron and Low ferritin levels but not Low Hemoglobin Levels](#)

[Iron Deficiency in Distance Runners](#)

[Physiological and Biomechanical Studies of Muscle Dysfunction](#)

[The Effect of Iron Therapy on the Exercise Capacity of Non-anemic, Iron-Deficient, Adolescent Runners](#)

[Research study conducted by US Army on female soldiers during Basic Training](#)