



**Preparing For The Next Session**  
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**Fit For Life Physical Therapy**

Whether you're a seasoned marathoner or training for your first race, increasing your mileage safely during the off season is essential to avoid injuries and ensure optimal performance. Here's a plan to help you boost your running or walking mileage gradually and effectively, preparing you for the harder training session during the next few months.

Start by evaluating your current weekly mileage and follow the 10% rule: increase your mileage by no more than 10% each week. This gradual approach minimizes the risk of injury while allowing your body to adapt effectively.

- In the first two weeks, focus on building a consistent running routine. Schedule three to four workouts per week, mixing shorter, easy paced ones with one slightly longer run or walk. This helps to build your aerobic base without overloading your body. Incorporate cross-training activities like swimming or cycling to enhance endurance without excessive joint stress.
- As you progress, maintain your steady mileage increase while introducing variety to your training. Adding one or two sessions of cross training in addition to your running & walking can help improve your aerobic base and strength. Continue to prioritize easy runs or walks at a conversational pace to avoid overexertion. Strength training twice a week is crucial during this period to support muscle growth and flexibility. Check out our "Runners and Walkers 10" exercise program on our website at [fitforlifephysicaltherapy.com](http://fitforlifephysicaltherapy.com) for details on some helpful exercises to reduce your risk of injury.
- The last couple of weeks base training should see you approaching the mileage that you will need to begin your focused race training plan. Schedule one longer run keeping it less than 50% of your total mileage for that week. Remember to keep these longer workouts easy, there will be plenty of time for harder running and walking later in the plan. Throughout these weeks, prioritize recovery by incorporating techniques like foam rolling, stretching, and ensuring adequate rest.

Cross-training is another safe way to maintain fitness and manage the increased mileage. Utilize non-impact activities and consider resources like our Fit For Life Physical Therapy AlterG Anti-Gravity treadmill, which allows you to run at less than normal body weight, thereby reducing the strain on your legs. To prevent overuse injuries, avoid participating in frequent long races. Instead, focus on fewer, shorter races...just enough to keep you motivated as you head into a long training session.

To schedule time on the AlterG, or if you have any injury concerns, contact Fit For Life Physical Therapy at any of our three convenient locations inside Fleet Feet Columbus stores, or reach us by email at [info@fitforlifephysicaltherapy.com](mailto:info@fitforlifephysicaltherapy.com)

Polaris Location: 1270 East Powell Road Lewis Center, Ohio 43035 - 614-981-2065

Upper Arlington Location: 1344 West Lane Avenue, Columbus, Ohio 43221 - 614-981-1979

New Albany Location: 5792 North Hamilton Road, Columbus, Ohio 43230 - 614-581-7441

Let us help you achieve your training goals safely and efficiently. Visit our website at Fit For Life Physical Therapy: <https://www.fitforlifephysicaltherapy.com>