

Footwear

With so many training shoes around it is difficult to select the best pair for you.

A good running shoe should provide cushioning on impact and stability to reduce the possibility of too much foot movement.

The correct shoe can help prevent the onset of injury.

A good shoe should be within your price range and provide:

- good cushioning on the ball and heel of the foot

- support for the instep

- firm fit with room for a slight foot slide

- room for the toes to move (to avoid bruised toes when stopping)

- a firm ankle support

- good grip on the sole for stopping and take off.

An all-purpose running shoe or cross trainer type shoe would be more than adequate for the physical demands of CFA events.

If a shoe has lost its inner spring it will no longer act as a shock absorber, and the likelihood of injuries such as shin splints occurring is increased.

Stretching



S T R E T C H

Calf

feet pointing forwards
back straight
lunge forward with knee straight
heel remaining on the ground
hold for 15-25 seconds
repeat 3-5 times on both legs



Thigh

opposite hand holds foot
use other hand to balance
gently pull heel towards buttock
heel remaining on the ground
hold for 15-25 seconds
repeat 3-5 times on both legs



Lower Back/Hamstring

gently stretch forward towards the foot
hold for 15-25 seconds
repeat 3-5 times on both legs



Groin

place elbows on insides of knees
gently push both knees towards floor
hold for 15-25 seconds
repeat 3 times



Achilles

bring toes parallel to the front of knee
gently lean forward keeping foot flat on floor
feel stretch in lower calf
hold for 15-25 seconds
repeat 3-5 times both sides



Lower Back

cross one leg over
bring opposite elbow to opposite leg
twist head to stretch lower back in direction
of bent hip
hold for 15-25 seconds
repeat 3-5 times both sides of hip

