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LISA  
TAMATI  
RUNNING HOT

# INJURY PREVENTION GUIDE

Brought to you by professional Ultra Marathon Runner Lisa Tamati & Exercise Scientist Neil Wagstaff

Maybe you're new to exercise and training, maybe you're a seasoned professional, whatever the case we hope you find a nugget or two in this guide to help you get more out of your training. We hope to get you inspired, keep you motivated and start you on your journey to better health and fitness.

We are Lisa Tamati and Neil Wagstaff, the team behind Running Hot Coaching. Between us we have over 45 years experience in both the health and fitness industry, as well as in competing in the world's toughest endurance events.

Running Hot Coaching was born from our lifelong passion for health, fitness and running. We have put thousands of kilometres and many years of research into creating what we believe is the perfect training programme for running success and for general health and wellbeing. Over our careers we have come to realise (the hard way) how important injury prevention work is. It should be a part of every health and fitness programme.

We recommend you do a little bit each day. Focus on one area each day. You will soon learn what areas need to more love!

We use a cool little process that will help improve your movement and your training.

- 1. Roll it!** Self myofascial release techniques will help reduce muscle tension, relieve muscles soreness and improve circulation. You should be targeting muscles that are overactive and short.
- 2. Stretch it!** Lengthening techniques will help reduce stiffness, increase range of motion and improve posture. You should be targeting muscles that are overactive and short.
- 3. Activate it!** Activation techniques will help activate individual muscles, increase endurance and strength. You should be targeting muscles that are under active or weak. Once you add the above process into your training you will start getting some big wins with your movement and can integrate it into your training.

If you have any questions just drop us an email at [support@lisatamati.com](mailto:support@lisatamati.com)

Before you get started remember to look after yourself and make sure you are ready to start your journey with us.... Before commencing this programme you acknowledge that you have no medical or physical conditions that may limit your ability to exercise, and understand that you exercise at your own risk. If in doubt about your ability to undertake physical activity please consult your doctor prior to starting.

Push your limits, have fun and always, no matter what, enjoy the adventure.



**Lisa Tamati**



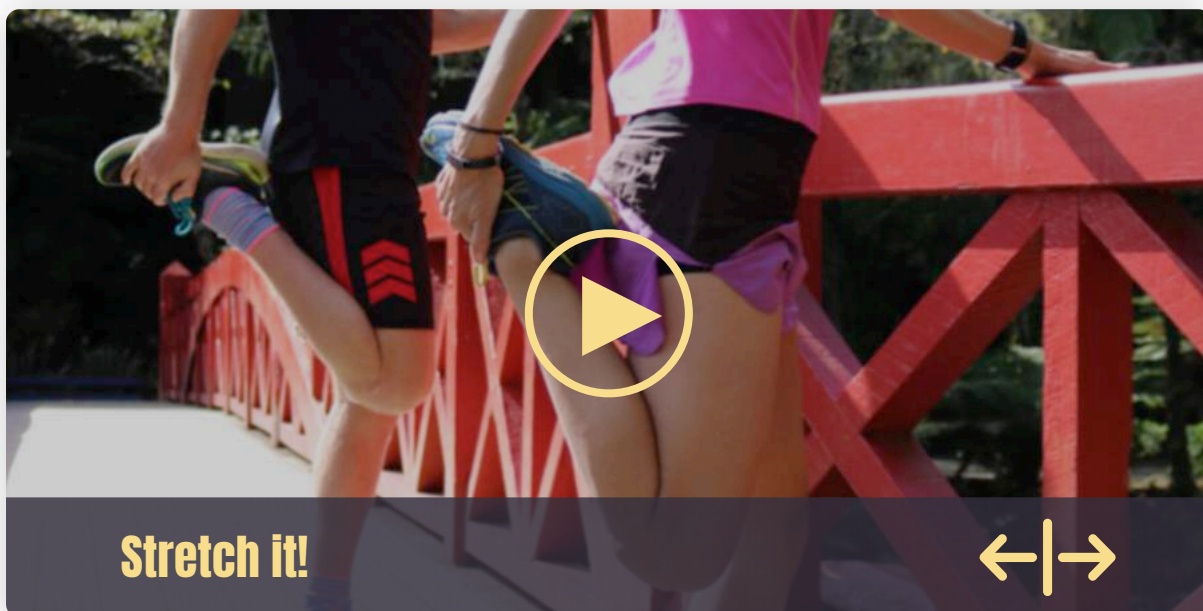
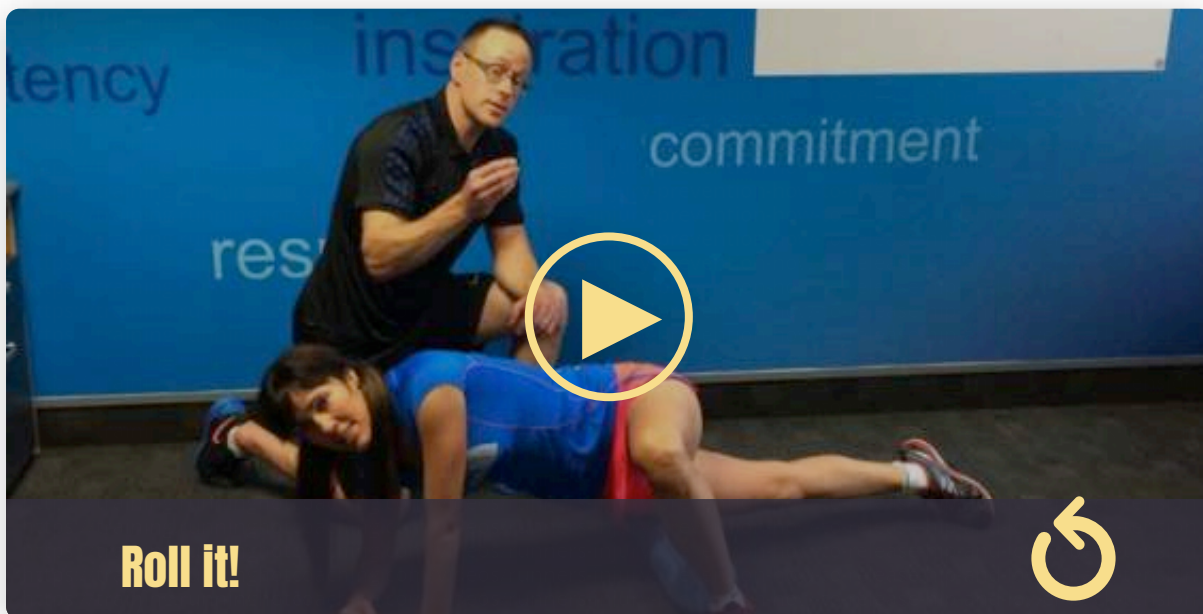
**Neil Wagstaff**







# Hips & Lower Back





# Shoulders



To reach your full potential and achieve all your running, health and fitness goals we have put together a programme that will help in every aspect of your running life.

**We encourage you to take a look at:**

[www.lisatamati.com](http://www.lisatamati.com)

**Or contact us at:**

[support@lisatamati.com](mailto:support@lisatamati.com)



**Lisa Tamati**



**Neil Wagstaff**