



WEEK 10

Couch to 5K Tip Sheet

For the most part, jogging short distances (a few minutes to a few hundred yards) brings little to no pain. But, when we start increasing our distance, many of us will start to experience a nagging side pain. Where does this come from and how do we prevent it from happening?



What is a Side Stitch?

Exercise-related transient abdominal pain, or “side stitch” effects almost two-thirds of all runners.

While there is no consensus on what causes a side stitch, one theory states that during exercise, a lack of blood and oxygen to the diaphragm will cause this muscle to spasm.

Other theories explore stress on organ ligaments and poor posture.



Quick Fixes

Since no one has determined a concrete reason why side stitches occur, it is hard to provide one solid solution. Here are a few ideas to prevent and cure this tricky condition:

- Don't drink or eat, especially sugary foods or drinks before running.
- Take long, deep breaths while running. Fully inhale and exhale.
- Correct your posture by standing tall and raising the arm on the side of the body that hurts.



Exercises to Prevent

Strengthening certain muscles might prevent pain from derailing your workout.

Invest at least 10 minutes, 3 times a week in increasing your core strength. Planks, glute bridges, squats, and lunges can correct your posture and lead to more efficient running.

Yoga and Pilates are two classes that could also prevent side stitch.

Remember to return all three months of tracking sheets to wellness@weber.edu or MC 3501 by April 19, 2019.