Ms. Cavallaro

Teacher’s name(s)

English 7 or 7H

June 12, 2019

Harmful Effects of Running on Adults

 Running is a hobby that many people have. Running is inexpensive, and can be done without a gym membership. Children and teenagers take part in running for many reasons. They could simply enjoy it as a hobby, use it to stay in shape, or practice running as a sport.  Adults also enjoy running and all of the health benefits that come along with it. Although running as a hobby is very healthy, there are some harmful effects associated with running too much.

 Running without a training schedule could cause lasting injuries for adults.  According to “Negative Effects of Running on the Body,” “61% of runners will find themselves overtraining.” This statistic means that a majority of runners at one point will over train or overrun. The article explains that when overtraining or overrunning occurs the body is prone to many injuries.  For example, “if you already have bone/joint problems, repeated impact of running can exacerbate problems” (Maloney 2). This means that running over and over again can cause stress on your bones and joints. A runner needs to plan to rest and follow a training schedule to make sure this does not happen. In addition, running too much and not following a schedule can get expensive. The article explains, you will have to “buy new shoes more often because you wear through them” (Maloney 3). This shows that running too often can have a monetary impact on you as well because you would need to get new shoes to run frequently. Without replacing your old running sneakers, you may increase the chance of getting an injury.   Running without a training schedule in mind is a fast way to run down your body.

 Even though the act of running itself is healthy, too much running is dangerous. In the article, “Why Too Much Running is Bad for your Health,” the author states, “moderate exercise is good, but excessive exercise is damaging” (2). This shows that even though running itself is not bad for you, it is bad when you overdo it. Elizabeth Narins writes, “the sweet spot is 5-19 miles per week at a pace of 6-7 minutes per mile” (2). This data is showing the best way to protect your body from the harmful effects of running is to be aware of and keeping track of how many miles you are running per week. Lastly, the article states how too much running actually affects your health.  It states, “prolonged intense exercise causes stress which burns through the antioxidants in your body” (Narins 3). Burning through antioxidants is harmful for your body and is another harmful effect of running too much or too frequently. Clearly, running too often has harmful consequences.

 There are specific running injuries associated with overrunning. One common injury for runners is injuring the Achilles tendon (Sports Injuries). According to “Sports Injuries” on the Teen Health and Wellness Database, the Achilles tendon withstands a lot of pressure from running. Since the Achilles tendon is the most frequently injured tendon, it is important you rest it and not overwork the tendon (Sports Injuries). In addition, if your Achilles tendon injury is left untreated there may be serious consequences. Runners can sustain long term injuries to their Achilles tendon, which may even lead to surgery (Sports Injuries). Therefore, if a runner is feeling as though their Achilles tendon is strained, it is important that they rest and not run on it the next few days. Another common running injury is shin splints. The text states, “runners and dancers are most often affected by shin splints. The shin tissues can become overused and inflamed if you run too much, or if you run without warming up properly” (Sports Injuries). The best way to heal from shin splints is to rest, and to not continue running the next day. The text goes on to state that you should not resume running until you experience no pain at all (Sports Injuries). This shows that there are specific injuries associated with running that runners should be aware of.

 In conclusion, running itself is a great hobby and a way to stay in shape, however, when you overrun, do not follow a schedule, or do not track how much you are running, you may run into problems. Overrunning can cause stress on your body which may lead to injuries such as an Achilles tendon injury, shin splints, or an injury to your bones/joints.

Works Cited

Narins, Elizabeth. “Why Too Much Running Is Bad for Your Health.” *ACTIVE.com*, Active.com, 16 Jan. 2013, [www.active.com/health/articles/why-too-much-running-is-bad-for-your-health](http://www.active.com/health/articles/why-too-much-running-is-bad-for-your-health).

“Negative Effects of Running on the Body.” *LIVESTRONG.COM*, Leaf Group, [www.livestrong.com/article/490163-negative-effects-of-running-on-the-body/](http://www.livestrong.com/article/490163-negative-effects-of-running-on-the-body/).

“Sports Injuries.” *Teen Health and Wellness*, Rosen Publishing Group, Inc., September 2015, teenhealthandwellness.com/article/309/sports-injuries. Accessed 16 May 2019.