

# 2012 Military Health System CONFERENCE



## Running Clinics:

Improving Military Run Times

### The MHS: Healthcare to Health

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# Introduction



- Implementation of Air Force Fitness Program (AFI 36-2905) led to an increase in fitness test failure rates
- High failure rates indicated the need for intervention strategies/programs to increase pass rates and reduce injury
- Scott AFB Running Clinic began Aug 2010
  - Population: 1.5 mile run time >13:15, fitness test failure, or recovering from chronic injury
  - Avg improvement of 83 sec on 1.5 mi run time

# Methods



- 6-week training program
  - 3 days/week expert-led running sessions
    - 2 endurance sessions & 1 interval session
  - 2 days/week cross training & strength training
- Ability-based groups based on pre-test times
  - Ensures safe & effective progression
  - Provides peer support & builds self-efficacy
- Weekly Interval Training (400/800m repeats)
  - Teaches appropriate pacing & improves aerobic capacity ( $VO_{2max}$ )

# Results



- 113 active duty participants completed program
  - Aug 2010-Aug 2011
- Average improvement 83 seconds (9.1%)
  - Average pre-test/post-test times: 15:23, 13:58
- 94.6% passed cardio component of AF Fit Test
- 81.1% passed AF Fit Test
  - Most failures due to Abdominal Circumference
  - 6-wks not adequate time for significant weight loss

# Conclusions & Recommendations



- After 1 year of implementation, Scott AFB plans to continue Running Clinic long term
  - Uses minimal resources with maximum results
- Future Goals:
  - Teach Running Clinic principles to unit Physical Training Leaders (PTLs) for unit implementation, allowing for greater reach
- Recommendations for Other Installations:
  - Create pilot programs with HAWC, MWR, or PTLs & use outcome results to market program