



28 February 2025

## HOW TO USE RUNWISE AI'S INJURY PREDICTIONS

- **What is the RunWise™ Injury Predictor?**
  - Think of our tool as a highly skilled detective—trained to find patterns in your running data that might indicate an increased risk of injury. Based on your training activity, it provides an AI-based **risk score** to help guide your decisions and keep you free of injuries.
  - An AI-based risk score is different, and we believe more sensitive, than conventional techniques such as the 10% rule, acute-to-chronic ratio (ACR), and metrics using training stress scores.
- **Understanding the Risk Score**
  - The risk score is a helpful **guide**, not a guarantee. Many factors influence injury risk, and no prediction tool can account for everything. Here's what your risk score means:
    - **HIGH/MEDIUM Scores:** Your recent training patterns suggest a greater risk of injury.
    - **LOW Score:** Your recent training patterns appear to be lower risk.
  - Our models are very good at making injury predictions. In tests, our deployed models distinguish between injury and non-injury samples with exceptional reliability. Thus, the risk score provides a **new and powerful piece of the puzzle** that was never available before.
- **How to Use the Risk Score in Your Training**
  - The best strategy is to combine your risk score with other key factors:



- **Listen to Your Body:** If your risk score is **HIGH** or **MEDIUM** but you feel great, proceed with your planned training. However, be vigilant and tune into how you feel. If your risk score is **LOW** but you're experiencing pain or fatigue, don't push yourself.
  - **Assess Your Training Load:** Have you increased mileage or intensity recently? Are you coming back from a break? Is some aspect of your recent training uncharacteristic? If so *and* your risk score is **HIGH** or **MEDIUM**, consider adjusting your training plan.
  - **Prioritize Recovery:** A **HIGH** or **MEDIUM** risk score might be a signal to schedule extra rest, reduce intensity, or focus on recovery strategies.
  - **Use Multiple Inputs:** Use the risk score in conjunction with all available information including your training plan, your coach's advice, and your own experience.
  - **Calibrate Your Expectations:** Take time, especially as a new user, to assess how the risk scores relate to your subjective perception of risk. This will help determine how much “weight” to give the risk score in your decision making process.
- **Key Takeaways:**
    - The risk score is **a guide**—use it to make informed decisions about training.
    - Context is key—combine the risk score with your **training plan, coach’s advice, and personal experience**.

**Bjorn Anderson**  
**CEO & Co-Founder**  
**RunWise AI LLC**  
[bjorn@runwiseai.com](mailto:bjorn@runwiseai.com)