

## Report - Challenge Disc 2.0 - Upgrade for every runner and athlete at home



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Unlike when you walk, when you run you only have one leg in contact with the ground. This makes stability and co-ordination more difficult, not least because of the running speed.

With the Challenge Disc 2.0, MFT has built on the existing successful concept for single-leg stress. Since the new board came out, it is now possible to train on just the left or just the right leg in the same way as on two legs before. The new training concept has two key benefits, especially for runners:

### 1) Injury prevention

The difference in body symmetry (the relationship between the left and right leg) should be no more than 10%. You can test this yourself at any time with the Challenge Disc. If you know about your deficits, you can tailor your training to correct them. Many runners have problems with over-use of the Achilles tendon or plantar fascia, or suffer injuries such as the classic runner's knee or shin splints at the beginning of the season or when shifting towards specific race preparations in which training can involve peaks of volume or intensity. Single-leg training not only strengthens the extensor in the support leg (the leg currently being exercised on the disc), but it also strengthens the free leg (the leg that is currently at rest and is "only" held in the air). Depending on the training level, the exercises are designed to stretch both novices and experienced runners without overexerting them. The movements are multi-dimensional and the weight transfer is particularly good for training the arch of the foot, which runners tend to neglect. That is why training is crucial for runners with a tendency to overpronate, in order to strengthen the arch of the foot and improve its function.

### 2) Performance optimisation

Experienced runners know that increasing the amount and/or intensity of training promises only short-term success. If strength and co-ordination training are neglected, the level cannot be maintained for long. The Challenge Disc 2.0 makes that unwelcome training much easier. The feedback function documents progress and games provide variety in training. Not only does regular training improve endurance by raising musculoskeletal tolerance of even peak loads, it also enhances performance through better interaction of the muscles. With short, single-leg contact with the ground (ideally < 200 ms), not only should the energy be used for stabilisation but the tension should also be held for a short supporting phase and facilitate a strong impression. The more easily a runner can hold a one-legged position, the more economically they can run.

### 3) Summary

Here at SPORTordination, we recommend the MFT Challenge Disc 2.0, especially for training at home, because the direct feedback and documentation of progress make it a useful and long-term training aid for runners. Many athletes use the device to improve their performance and prevent injury. However, it is also ideal for therapeutic use, for example for unilateral loading of the musculoskeletal system and associated imbalances. We use the MFT Disc in rehabilitation and training therapy to restore full strength.