

# **RUNNING PROGRAM**

The following program should be used as a measure of an athlete's progress as he/she returns from an injury to a lower extremity. When the athlete has completed the entire outdoor or indoor program, they are ready to return to competition.

The athlete may begin the running program when he/she can hop up and down on the toes of the injured extremity (without bearing weight on the other leg) five times.

## **OUTDOORS**

1. Jog ½ - 1 mile; Stop immediately if limping or mild pain is noticed. When the athlete can jog ½ to 1 mile pain free;
  - a. Do six (6) eighty-yard sprints at ½ speed. If no pain or limp;
  - b. Do six (6) eighty-yard sprints at ¾ speed. If no pain or limp;
  - c. Do six (6) eighty-yard sprints at full speed. If no pain or limp;
  - d. Do six (6) eighty-yards cutting at ¾ speed. If no pain or limp;  
(Always plant on outside foot to cut)
  - e. Do six (6) eighty-yards cutting at full speed. If no pain or limp;
2. Do ten minutes of running and/or jumping drills related to your sport. When the athlete has completed the entire running program, he/she is ready to return to competition. \*\*

## **INDOORS**

1. Jog eighteen laps around the basketball court; Stop immediately if limping or mild pain is noticed. If pain free;
  - a. Do fifteen (15) lengths of the gym at ½ speed. If no pain or limp;
  - b. Do fifteen (15) lengths of the gym at ¾ speed. If no pain or limp;
  - c. Do fifteen (15) lengths of the gym at full speed. If no pain or limp;
  - d. Do fifteen (15) lengths cutting at ¾ speed. If no pain or limp;  
(Always plant on outside foot to cut)
  - e. Do fifteen (15) lengths cutting at full speed. If no pain or limp;
2. Do ten minutes of running and/or jumping drills related to your sport. When the athlete has completed the entire running program, he/she is ready to return to competition. \*\*

## **NOTES**

If the athlete does not complete the entire program on a particular day, he/she should start at the beginning of the program the following day.

\*\*Each running work-out must be followed by a fifteen (15) minute application of ice.