

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.

every other day, cumulative ↑ 20 yards

OUTDOORS

- 1- 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;
- 2- a. Do six ~~eighty~~ yard sprints at ½ speed. If no pain or limp;
- 3- b. Do six ~~eighty~~ yard sprints at ¾ speed. If no pain or limp;
- 4- c. Do six ~~eighty~~ yard sprints at full speed. If no pain or limp;
- 5- d. Do six ~~eighty~~ yards cutting at ¾ speed. If no pain or limp;
(Always plant on outside foot to cut)
- 6- e. Do six ~~eighty~~ yards cutting at full speed. If no pain or limp;
- 7- 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 lengths of the gym at ½ speed. If no pain or limp;
 - b. Do fifteen lengths of the gym at ¾ speed. If no pain or limp;
 - c. Do fifteen lengths of the gym at full speed. If no pain or limp;
 - d. Do fifteen lengths cutting at ¾ speed. If no pain or limp;
(Always plant on outside foot to cut)
 - e. Do fifteen 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 running program the following day.

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