

## 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  $\frac{1}{2}$  ~~mi~~ mile; Stop immediately if limping or mild pain is noticed. When the athlete can jog  $\frac{1}{2}$  ~~mi~~ mile pain free;
  - a. Do ~~sprints~~ yard sprints at  $\frac{1}{2}$  speed. If no pain or limp; - 4 reps of 20 yards
  - b. Do ~~sprints~~ yard sprints at  $\frac{3}{4}$  speed. If no pain or limp; - " "
  - c. Do ~~sprints~~ yard sprints at full speed. If no pain or limp; - " "
  - d. Do ~~sprints~~ yards cutting at  $\frac{3}{4}$  speed. If no pain or limp; - " "
  - (Always plant on outside foot to cut)
  - e. Do ~~sprints~~ 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 lengths of the gym at  $\frac{1}{2}$  speed. If no pain or limp;
  - b. Do fifteen lengths of the gym at  $\frac{3}{4}$  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  $\frac{3}{4}$  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.