

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 $\frac{1}{2}$ - 1 mile; stop immediately when limping is noticed or when there is mild pain. When the athlete can jog $\frac{1}{2}$ to 1 mile pain free:

- a. Do six eighty yard sprints at $\frac{1}{2}$ speed. If no pain or limp;
- b. Do six eighty yard sprints at $\frac{3}{4}$ speed. If no pain or limp;
- c. Do six eighty yard sprints at full speed. If no pain;
- d. Do six eighty yard cutting at $\frac{3}{4}$ speed. If no pain;
- e. Do six eighty yard cutting at full speed. Always plant on outside foot to cut. If no pain;

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

Indoors

1. Jog eighteen laps around the basketball court. Stop immediately when limping is noticed or when there is mild pain. It pain free:

- a. Do fifteen lengths of the gym at $\frac{1}{2}$ speed. If no pain;
- b. Do fifteen lengths of the gym at $\frac{3}{4}$ speed. If no pain;
- c. Do fifteen lengths of the gym at full speed. If no pain;
- d. Do fifteen lengths cutting at $\frac{3}{4}$ speed. Be sure to plant on the outside foot with each cut. If no pain;
- e. Do fifteen lengths cutting at full speed. If no pain;

2. Do ten minutes of running or jumping drills related to your sport. When the athlete has completed the entire program, he/she is ready to return to competition.**

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

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