



## 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 when limping is noticed or when there is mild pain. When the athlete can jog ½ to 1 mile pain free:
  - a. Do six eighty yard sprints at ½ speed. If no pain or limp;
  - b. Do six eighty yard sprints at ¾ speed. If no pain or limp;
  - c. Do six eighty yard sprints at full speed. If no pain;
  - d. Do six eighty yards cutting at ¾ speed. If no pain;
  - e. Do six eighty yards 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. If pain free:
    - a. Do fifteen lengths of the gym at ½ speed. If no pain;
    - b. Do fifteen lengths of the gym at ¾ speed. If no pain;
    - c. Do fifteen lengths of the gym at full speed. If no pain;
    - d. Do 15 lengths cutting at ¾ 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.