



Return to Running Program

Step Progression Criteria

Low Impact Activities

- Bicycle, Stairmaster, Elliptical, Swimming 20 -> 30 -> 40 minutes

Intermediate Activities

- Walk, Roller-blades -> 30 minutes

Functional Progression is dependent on the following criteria:

- Flexible quads / hamstrings/ no pain or swelling

Jog Program

- 5 min on treadmill (goal: 10-15 min)

Running

- 3-5 miles at 7-8 min/mile pace
- Begin on track, involved limb on outside

Jog

- Jog 50 yards, walk 50 yards up to 1/4 mile
- Increase total distance to 1 mile
- Then increase jogging and decrease walking until jogging 1 mile straight through

Run

- Increase jogging to 20-30 minutes, then increase pace to pre-injury
- Prefer softer running surface / good shoes

Sprint

- Take 10-15 yards to build-up to 1/2 speed
- Sprint at 1/2 speed for 40 yards, then take 15-20 yards to slow down and stop
- Gradually increase from 1/2 to 2/3 to 3/4 to full speed
- Do 10-20 sprints per session

Figure 8

- Gently jog a large (20-30 yard) figure 8
- Gradually run the '8' faster
- Decrease the size of the '8' by 2-3 yards at a time so that cutting is progressively sharper
- Work down to 4-5 yard figure '8'
- do 10-20 figure '8' at a session

Basic drills

- Work into jumping rope, power jumping
- Stairs, backward running, side-step running, side crossover running, quick starts and stops, cutting and other basic drill activities that are sport-specific