

## **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 running program is meant to help the athlete gauge his ability to return to play.

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 ten times.

### **Outdoors**

1. Jog ½-1mile; 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.