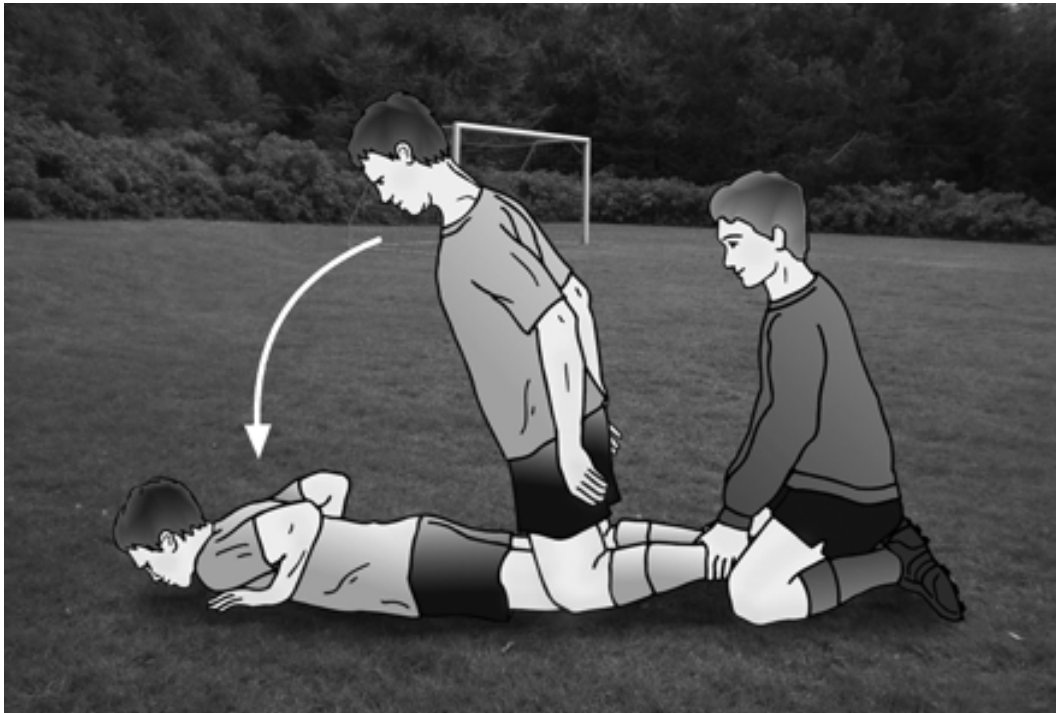


## | 10-Week Hamstring Injury Prevention Program |



**TABLE 1**  
**Training Protocol for the Nordic Hamstring Exercise**

Week	Sessions Per Week	Sets and Repetitions
1	1	2 × 5
2	2	2 × 6
3	3	3 × 6-8
4	3	3 × 8-10
5-10	3	3 sets, 12-10-8 reps
10+	1	3 sets, 12-10-8 reps

### **REFERENCE:**

Petersen, J., Thorborg, K., Nielsen, M. B., Budtz-Jorgensen, E., & Holmich, P. (2011). Preventative effect of eccentric training on acute hamstring injuries in men's soccer. *The American Journal of Sports Medicine*, 39(11), 2296-2303. doi:10.1177/0363546511419277