
ACCELERATION REHAB PROGRAM

- A gradual progressive acceleration program to progress from running to sprinting after lower limb injury.
 - WARM UP – leg stretches & your specific loading exercises.
 - If time allows: run day on / day off - not 2 days in a row.
 - Complete a level without pain / tearing / pulling / tightness / worsening, & with no swelling or soreness on the following day, before progressing to the next level. If you have pain etc during a stage, or pull up sore the next day: stop, ice, take a full 24 hours off & re-attempt the same stage again.
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LEVEL:	ACCELERATE OVER:	TO HIT:	SETS/REPS:
1	20M	60% Pace	3 x 10
2	15M	75% Pace	4 x 10
3	10M	90% Pace	5 x 10
4	5M	100% Pace	6 x 10