

RUNNING REHAB PROGRAM

- A gradual progressive running program to progress from jogging to sprinting & playing sport after lower limb injury.
 - WARM UP – Jog until sweating, leg stretches, & your specific loading exercises.
 - Run day on / day off - not 2 days in a row.
 - Complete a level without pain / pulling / tearing / tightness / worsening, & with no swelling or soreness on the following day, before progressing to the next level. If you have pain during a stage, or pull up sore the next day: stop, ice, take a full 24 hours off & re-attempt the same level again.
 - **50M** = accelerate 20M / @ pace for 20M / decelerate 10M
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LEVEL 1 = 500M

- 10 x 50m straight line @ 50% pace - run every 40 sec

LEVEL 2 = 1,000M

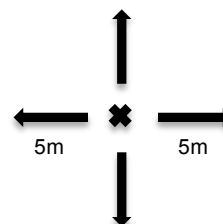
- 10 x 50m straight line @ 50% pace - run every 40 sec
- 1 min rest
- 10 x 50m straight line @ 70% pace - run every 30 sec

LEVEL 3 = 1,500M

- 10 x 50m straight line @ 50% pace - run every 40 sec
- 1 min rest
- 10 x 50m straight line @ 70% pace - run every 30 sec
- 1 min rest
- 10 x 50m gentle S-curve @ 60% pace - run every 30 sec

LEVEL 4 = 2,000M

- 10 x 50m straight line @ 50% pace - run every 40 sec
- 1 min rest
- 10 x 50m straight line @ 70% pace - run every 30 sec
- 1 min rest
- 10 x 50m gentle S-curve @ 60% pace - run every 30 sec
- 1 min rest
- 4 x 50m straight line @ 80% pace - run every 20 sec
- 1 min rest
- Crosses: 2 sets x 15 reps @ 100% pace, with 1 min rest
 - Always face front
 - 1 rep = start from & return to centre cone
 - Vary order: fwds / back / left / right





LEVEL 5 = 2,500M

- 10 x 50m straight line @ 50% pace - run every 40 sec
- 1 min rest
- 10 x 50m straight line @ 70% pace - run every 30 sec
- 1 min rest
- 10 x 50m gentle S-curve @ 60% pace - run every 30 sec
- 1 min rest
- 4 x 50m straight line @ 80% pace - run every 20 sec
- 1 min rest
- Crosses: 2 sets x 15 reps @ 100% pace, with 1 min rest
- 1 min rest
- 4 x 50m S-curve @ 80% pace - run every 30 sec
- 1 min rest
- 6 x 50m straight line @ 90% pace - run every 20 sec
- Hopping drills each leg with soft landing: fwd/back x 10, side/side x 10, diagonals x 10

LEVEL 6 = 3,000M

- 10 x 50m straight line @ 50% pace - run every 40 sec
- 1 min rest
- 10 x 50m straight line @ 70% pace - run every 30 sec
- 1 min rest
- 10 x 50m gentle S-curve @ 60% pace - run every 30 sec
- 1 min rest
- 4 x 50m straight line @ 80% pace - run every 20 sec
- 1 min rest
- Crosses: 2 sets x 15 reps @ 100% pace, with 1 min rest
- 1 min rest
- 4 x 50m S-curve @ 80% pace - run every 30 sec
- 1 min rest
- 6 x 50m straight line @ 90% pace - run every 20 sec
- Hopping drills each leg with soft landing: fwd/back x 10, side/side x 10, diagonals x 10
- 6 x 50m straight line @ 100% pace - run every 20 sec
- 1 min rest
- Figure-8 run around 10M cones, clockwise x 5 / 1 min rest / anticlockwise x 5 @ 100% pace

LEVEL 7

- Return to training x 2
- Crosses: 2 sets x 15 reps @ 100% pace, with 1 min rest
- Hopping drills each leg with soft landing: fwd/back x 10, side/side x 10, diagonals x 10
- 6 x 50m straight line @ 100% pace - run every 20 sec
- Figure-8 run around 10M cones, clockwise x 5 / 1 min rest / anticlockwise x 5 @ 100% pace

LEVEL 8

- RETURN TO PLAY