

RUNNING REHAB PROGRAM

- A progressive program to get from running to sprinting after lower limb injury.
- WARM UP – be sweaty and do your specific loading exercises.
- If time allows: run day on / day off - not 2 days in a row.
- Complete a level without increasing pain / tearing / pulling / tightness, and with no increase in swelling or soreness on the following day, before progressing to the next level. If you can't finish a stage, or pull up worse the next day: stop, ice, take a full 24 hours off and re-attempt the same stage again.

LEVEL:	ACCELERATE OVER:	TO HIT:	SETS/REPS:
1	20M	60% Pace	2 x 6
2	30M	75% Pace	3 x 5
3	30M	90% Pace	4 x 4
4	40M	100% Pace	4 x 5