

RUNNING PROGRAM

PROGRAM 1.

Warm up: Walk 1 lap
Stationary exercise bike, low speed X 10 minutes
Dynamic Stretches painfree range

Injury Specific Exercises:

Cool down:

Walk 1 lap
Dynamic Stretches

Ice

Home exercise program:

PROGRAM 2.

Warm up: Walk 1 lap
Stationary exercise bike, moderate speed X 10minutes
Dynamic Stretches
Run 4 laps painfree pace
Kicking on non-injured leg only

Injury Specific Exercises:

Run Throughs:

Δ _____ Δ

Cones 10 m apart, jog forwards to far cone, return to near cone running backwards.

Kicking:

Stationary kicking on uninjured leg up to 30 m. Phantom kicking on injured leg.

Cool down:

Walk 1 lap
Dynamic Stretches

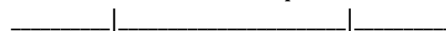
Ice

Home exercise program:

PROGRAM 3.

Warm up Jog 1 lap
Dynamic Stretches
Run 4 laps painfree pace
Kicking on non-injured leg unlimited, <20m with injured leg

Run Throughs: 40 m run thru's
10m accelerate 20m maintain speed 10m decelerate



Walk Back
4X 40% speed
4X 50% speed
4X60% speed

Kicking & Running Drill:

20m _____ Δ _____ Δ

Mark ball at far cone, run & bounce to near cone 20m apart, kick ball to buddy, jog backwards to far cone. Repeat @ 60% X 10, Repeat @ 70% X 10.

Injury Specific Exercises:

Cool down:

Run 1 lap
Dynamic Stretches

Ice X 10 minutes

Home exercise program:

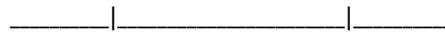
PROGRAM 4.

Warm up:

Jog 1 lap
Dynamic Stretches
Run 4 laps painfree pace
Kicking both legs

Run Throughs:

40 m run thru's
10m accelerate 20m maintain speed 10m decelerate



Jog Backwards to start
4X 70% speed
4X 80% speed
4X 90% speed

Kicking & Running Drill:

20m _____ Δ _____ Δ

Mark ball at far cone, run & bounce to near cone 20 m apart, kick ball to buddy, jog backwards to far cone. Repeat @ 80% X 10, Repeat @ 100% X 10.

Injury Specific Exercises:

Cool down:

Run 1 lap
Dynamic Stretches

Ice X 10 minutes

Home exercise program:
