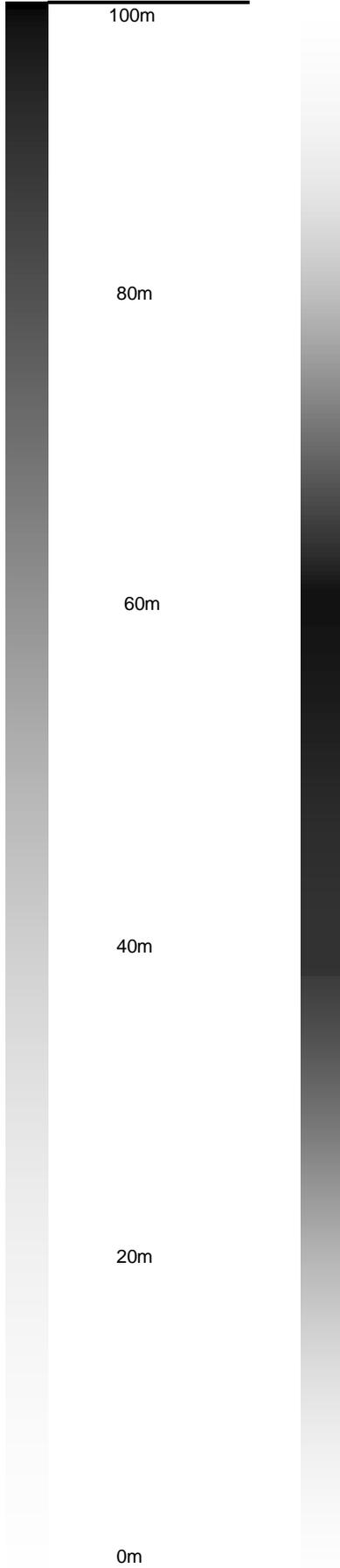
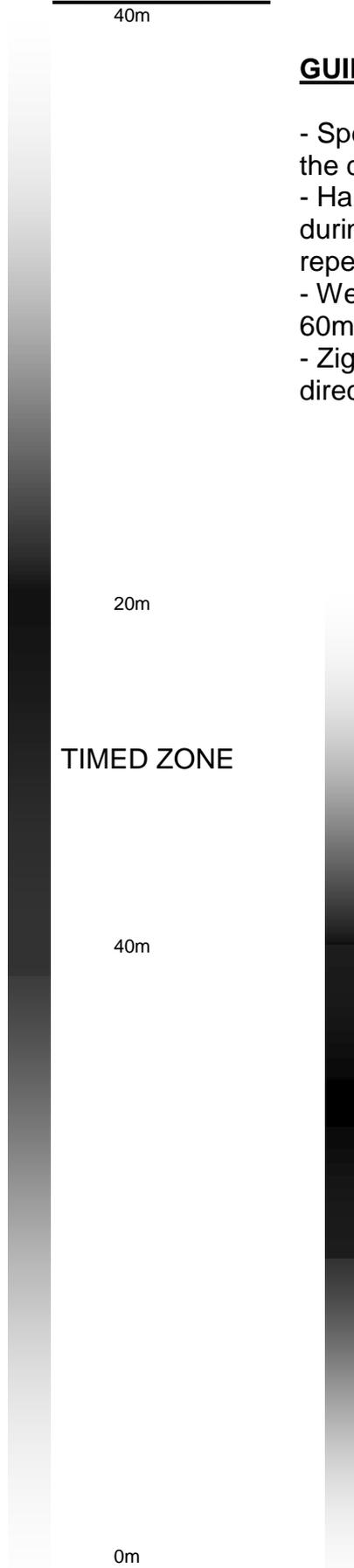


STAGES OF PROGRESS	SESSION DESCRIPTION	EXERCISE DESCRIPTION
<b>STAGE 1</b> Approx 4 days post injury	<b>Treatment ONLY</b> Musculo-Skeletal Screening and Assessment of Injury Incidence	- Pain free on resisted contraction - Full active ROM - Pain free walking - Keep 'at length'
<b>STAGE 2</b>	<b>Begin WALK-JOG</b> JOG duration from 2-5mins with total time approx 10-20mins w speed 10-13km.h  <b>Conditioning</b> Non-weight bearing or Semi-weight bearing if appropriate	Commence lumbo-pelvic and hip strengthening and functional full range closed chain exercises with body weight. 2-4 exercises 10-15 reps 2-4 sets <b>BODY WEIGHT - LIGHT LOAD</b>
<b>STAGE 3</b>	<b>Begin Outdoor STRIDES</b> 2x 5x 100m @ 50-75% (18-22km.h)  <b>Conditioning</b> Non-weight bearing and Semi-weight bearing	Lumbo-pelvic and hip strengthening and functional full range closed chain exercises with body weight only. Commence open chain strengthening if necessary for injury severity.  2-6 exercises 8-10 reps 2-4 sets <b>LIGHT - MOD LOAD</b>
<b>STAGE 4</b>	<b>Continue STRIDES</b> 1-3x 3x 100m @ 75-90% (22-26km.h) <b>Begin GRADED ACCELERATION (40-20m)</b> 1-3x 3x 40-20:20:20 @ 75-90% (22-26km.h) <b>Begin LIGHT KICKING &lt;30m</b>  <b>Conditioning</b> Semi-weight bearing or Endurance running if appropriate	Continue with strengthening exercises progressing load. Add eccentric strengthening in closed chain and multi directional lunging.  2-6 exercises 6-10 reps 2-4 sets <b>MOD - HIGH LOAD</b>
<b>STAGE 5</b>	<b>CHANGE OF PACE STRIDES (each 20m)</b> 1-3x 3x 100m @ >90% (>26km.h) <b>Continue GRADED ACCELERATION (20m)</b> 1-3x 3x 20:20:20 @ >90% (>26km.h) <b>Begin PLANNED CHANGE OF DIRECTION (CoD)</b> WEAVE 4-6x 60m ZIG-ZAG 4-6x 60m  <b>Conditioning</b> Closed football training including repeat aerobic efforts and fartlek running	Resume normal strength program with additional eccentric strength.  2-4 exercises 3-6 reps 2-4 sets <b>HIGH LOAD</b>  Emphasis on running specific drills "Mach Series" in running session and resisted running activities
<b>STAGE 6</b>	<b>Continue GRADED ACCELERATION (10-20m)</b> 3x 20-10:20:10-20 @ 100% <b>Begin REACTIVE AGILITY</b> 3-5x 5s LEADING AND CHASING 15-30s between efforts  <b>Conditioning</b> Modified football drills including repeat speed efforts and fartlek running	Resume normal strength program with additional eccentric strength.  2-4 exercises 3-6 reps 2-4 sets <b>HIGH LOAD</b>  Emphasis on running specific drills "Mach Series" in running session and resisted running activities
<b>STAGE 7</b>  MILD – 14 days MOD – 21 days SEVERE – 4+ weeks	<b>RETURN TO TRAINING AND ONGOING MAINTENANCE</b>  <b>Assessment of Speed, Strength and Power</b>  <b>Complete STAGE 6 activities for 2-4 weeks once RTT</b>	Resume normal strength program with additional eccentric strength.  2-4 exercises 3-6 reps 2-4 sets <b>HIGH LOAD</b>  Emphasis on running specific drills "Mach Series" in running session and resisted running activities

## 100m STRIDES



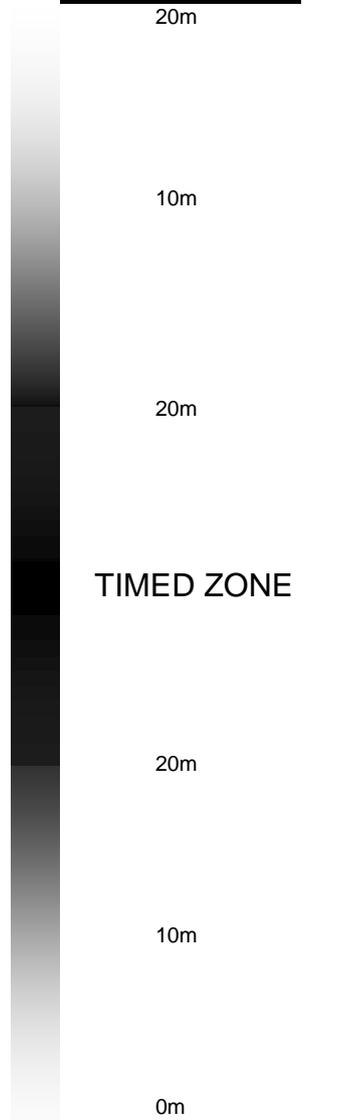
## 40-20-40 ACCEL



## GUIDELINES

- Speed should be built up throughout the distance of repetition
- Hand-held timing should be recorded during the middle 20m segment of each repetition
- Weaving should be smooth arcs inside 60m x 5m channel
- ZigZag should be hard changes of direction outside cones

## 20-20-20 ACCEL



## 60m x 5m Course

