RUNNING PROGRAM
Guidelines

- Run **every day**
- **DO NOT** progress to the next stage until the preceding stage completed with no pain
- Start stage 1 when **walking with no pain**

STAGES

1: Jog **10 laps** (4km)

2: Jog **10 laps** & **4** times during the run gradually increase speed **75%**, hold at this speed for **50** metres & gradually slow to jog again.

3: Jog **3 laps** (1km)
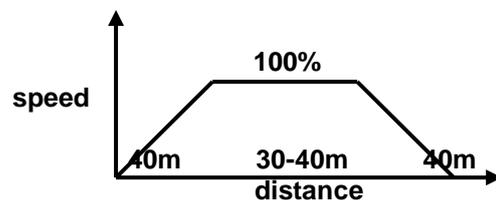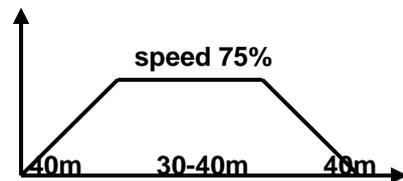
    10 run-throughs

    Jog **3 laps** (1km)

speed 75%
40m   30-40m   40m
distance

4: As for **3**, but shorten to   30m   30-40m   30m
                                                       speed 75%

5: As for **3**, but shorten to   20m   30-40m   20m
                                                       speed 75%

6: As for **3**, but shorten to   15m   30-40m   15m

7: Jog **3 laps** (1km)

    10 run-throughs

speed
100%
40m   30-40m   40m
distance

8, 9, 10: Progress as per stage **4, 5, 6.**

- Start kicking at **stage 6**
- When through to **stage 10,** join in general training
- Aim to complete **2 full nights training _before_ playing**