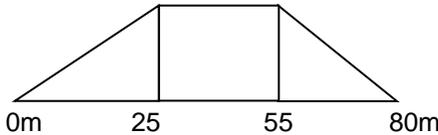


RUNNING PROGRAMME

No progression till pain-free, sensation free completion of preceding stage
 Run alternate days (footballers), Strength session on other days

Stage	
1	Warm-up Bike, stretch 2 x 10 min jog
2	Warm-up Jog 2 x 10 fartlek – change in pace only
3	Warm-up 4 laps 3 x 6 x 80m Run Thrus EZ pace  Cool down 2 laps
4	3 x 6 x 80m Run Thrus Increase Speed
5	3 x 6 x 80m Run Thrus 100%
6	Sport Specific Stage Eg. 2 x 6 x 80m Run Thrus up to 100% Double accelerations, shuttles, ball pick-ups, agility, lead

Hand time mid 30m

Commence kicking at Stage 4 – similar progressive loading programme

Commence CV conditioning with swimming at Stage 4

Progress Strengthening & Stretching

Following completion of Stage 6 – return to full training for approx 45 mins, then next session full training and return to play

For longer term injuries need to add lower limb CV fitness training, will slow progress

Need to continue strength & stretch following return to sport

HAMSTRING STRENGTH

Leg Curl – cuff weight
Prone SLR – cuff weight
Bridge 2 legs – weight thru injured leg as able
Box Raise – 1 leg
Prone Knee Flicks – cuff weight
Band – on back, straight leg up & down
Band – standing, pull backs
Band – standing bending forward, pull backs
Leg Curl Machine
45deg Glut/Hammy machine – 2 legs
45deg Glut/Hammy machine – 1 legs
MB pick ups
Straight Leg Deadlifts
Kneeling forward leans
Standing, kicking motion, head forward
Scooter
Etc.