

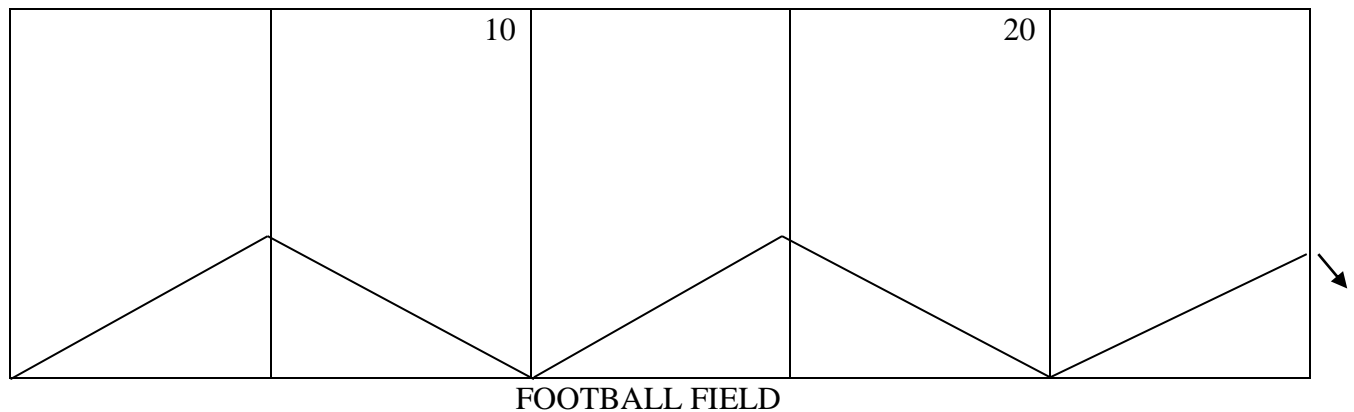
INTERVAL RUNNING PROGRAM

The following running program should be used as a measure of an athlete's progress as he/she returns from an injury to a lower extremity. When the athlete has completed the ENTIRE program, they are ready to return to competition.

The athlete may begin the running program when he/she can hop up and down on the toes of the injured extremity without bearing weight on the other leg, 5 times.

OUTDOORS

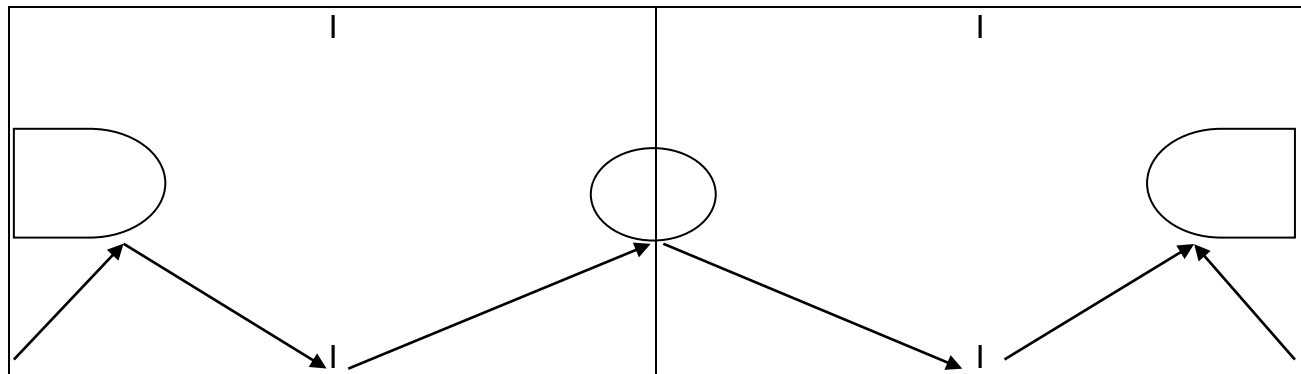
1. Jog one mile; stop immediately when limping is noticed or when there is mild pain. when the athlete can jog one mile pain free;
2. Do six eighty yard sprints at $\frac{1}{2}$ speed. If no pain or limp,
3. Do six eighty yard sprints at $\frac{3}{4}$ speed. If no pain or limp,
4. Do six eighty yard sprints at full speed. If no pain or limp,
5. Do six eighty yard cutting sprints at $\frac{3}{4}$ speed. If no pain,
6. Do six eighty yard cutting at full speed. Always plant on outside foot to cut. If no pain,
7. Do ten minutes of running and/or jumping drills related to your sport. When the athlete has completed the entire program, he/she is ready to return to competition.



INDOORS

8. Jog eighteen laps around the basketball court. Stop immediately when limping is noticed or when there is mild pain. If pain free,
9. Do fifteen lengths of the gym at 1/2 speed. If no pain,
10. Do fifteen lengths of the gym at 3/4 speed. If no pain,
11. Do fifteen lengths of the gym at full speed. If no pain,
12. Do fifteen lengths cutting at 3/4 speed. Be sure to plant the outside foot with each cut. If no pain,
13. Do fifteen lengths cutting at full speed. If no pain,
14. Do ten minutes of running or jumping drills related to your sport. When the athlete has completed the entire program, he/she is ready to return to competition.

If the athlete does not complete the entire program on a particular day, he/she should start at the beginning the following day.



BASKETBALL COURT

Each running workout must be followed by a fifteen minute application of ice.

RUNNING PROGRAM:

Week 1	Run 1/4 mile	Walk 1/4 mile	Run 1/4 mile	Walk 1/4 mile
Week 2	Run 1/4 mile	Walk 1/4 mile	Run 1/2 mile	Walk 1/4 mile
Week 4	Run 1/2 mile	Walk 1/4 mile	Run 1/2 mile	Walk 1/4 mile
Week 5	Run 3/4 mile	Walk 1/4 mile	Run 1 mile	Walk 1/4 mile
Week 7	Run 3/4 mile	Walk 1/4 mile	Run 1 mile	Walk 1/4 mile