

RETURN TO RUNNING AND SPORT PROGRESSION

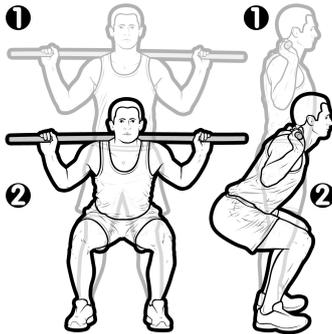


RESISTANCE BAND SIDEWAYS SQUAT WALK

Place a loop of resistance band around your thighs. Assume a shallow squat position with your knees bent and turned outwards. Keeping your feet at least a shoulder-width apart at all times, push off your right foot to step to the left. Concentrate on contracting your bottom muscles & ensure your knees remain pushing outwards. Walk a few steps to the right and then return to the left

SETS & REPS: 3-4 sets x 20

FREQUENCY: Pre-strength



SQUAT

With the stick on your shoulders and feet slightly wider than your hips and turn your feet slightly turned out. Keep your chest up throughout and bend your knees. Increase the difficulty by adding resistance, increase your repetitions and make the squats deeper

SETS & REPS: 3 x 8-12

FREQUENCY: 5 x week

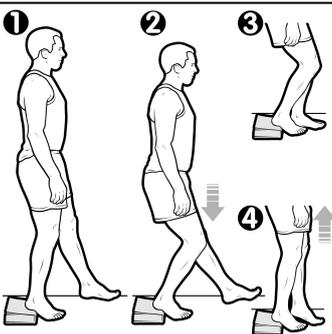


LUNGE

Take a long stride with your feet shoulder width apart. Bend both your knees and keep your chest upright. Keep your front knee tracking over your second toe/outside of your foot Increase the challenge by adding resistance, increasing the resistance or raising your back foot onto a step

SETS & REPS: 3 x 8-12

FREQUENCY: 5 x week

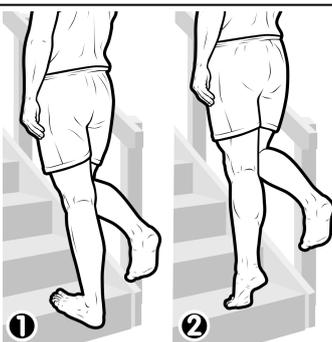


SINGLE-LEG SQUAT

Standing on one leg on a step. Slowly bend your leg to drop your free heel to the floor. return to standing. Keep your knee over your 2nd toe throughout

SETS & REPS: 3 x 12

FREQUENCY: Daily

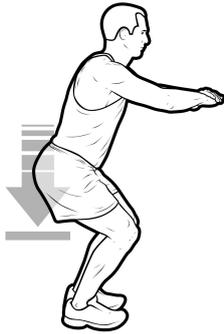


SINGLE-LEG CALF RAISE

With the ball of your foot on the edge of a step, raise onto your tip toe and lower again GOAL- 3 x 30 reps on each leg Slowly increase the repetitions

SETS & REPS: 3 x 30

FREQUENCY: 5 x a week

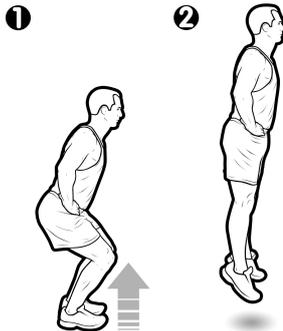


DROP SQUAT

Standing with your feet a shoulder-width apart, suddenly let your body drop down into the squat position, ensuring your knees are in-line with your 2nd toes. When your knees reach approximately 90-100°, contract your quadriceps to quickly 'catch' your weight. Hold for 2 seconds. Repeat. Increase the difficulty by stepping off of a step to land

SETS & REPS: 4 x 4-6

FREQUENCY: 3 x a week

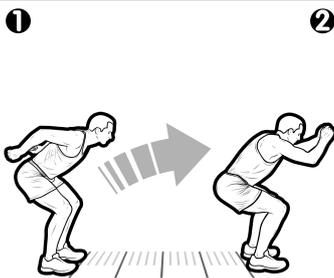


BODY-WEIGHT JUMP SQUATS

Standing with your feet a shoulder-width apart, squat down and then jump into the air as high as you can. Bend your knees as you land and hold. Repeat.

SETS & REPS: 4 x 4-6

FREQUENCY: 3 x week



HORIZONTAL JUMPS

From a standing position with feet shoulder-width apart, jump forward as far as possible while ensuring a balanced landing. Repeat.

SETS & REPS: 4 x 4-6

FREQUENCY: 3 x week



HOPPING

Hop and hold your landing. Hold for 2 sec and repeat. As this becomes easier try to join the hops together for 20 reps

SETS & REPS: 4 x 4-6

FREQUENCY: 3 x a week



JOGGING

Gradually increase the duration that you jog. Start with interval runs over 50-60m before increasing your distance and reducing the rest time

SETS & REPS: 20-30 mins

FREQUENCY: 2-3 x week

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ACROSS FIELD RUNNING

Run across the field, from one side to another, at 75-80% maximum pace. Grass is softer and a pitch will have measurements for you to keep constant. Jog or walk your recovery

SETS & REPS: 20-30 mins

FREQUENCY: 2-3 x week

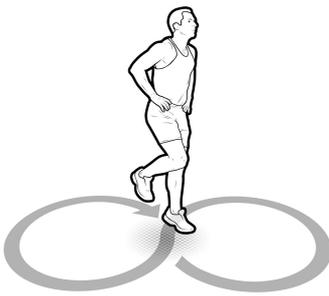


RETURN TO SPRINTING

You may now recommence sprint training and competition.

SETS & REPS: N/A

FREQUENCY: N/A

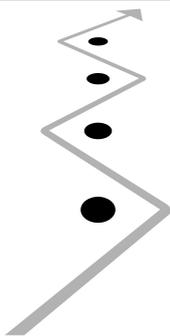


HOPPING: FIGURE-8

Hop in a figure-8.

SETS & REPS: 3 x 30 hips

FREQUENCY: 3 x a week

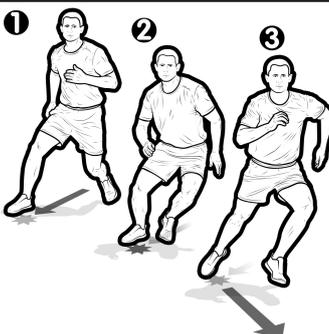


CHANGE OF DIRECTION ACTIVITIES

Set out a series of cones in a straight line. Jog through the cones, stepping off your outside leg to change direction. Increase your speed as you progress.

SETS & REPS: 4-6 reps

FREQUENCY: Daily



PLANT AND CUT

Jog 4-5 steps, then plant on the outside leg and cut to change direction. Accelerate and sprint 5-7 steps at high speed (80-90%) before your decelerate and do a new plant and cut. Do not let your knee buckle inwards. Repeat until you reach the other side of the field, then jog back. Work on sport specific drills

SETS & REPS: 4-6 times

FREQUENCY: 3 x week