



## Running Program

(Adapted from Brinlee et al and UD ACL group)

Running Progression		
	Treadmill	Track
<b>Level 1</b>	0.1 mile walk / 0.1 mile jog, repeat 10 times	Jog straights / walk curves (2 miles)
<b>Level 2</b>	0.1 mile walk / 0.2 mile jog - 2 miles total	Jog straights / jog 1 curves every other lap (2 miles)
<b>Level 3</b>	0.1 mile walk / 0.3 mile jog - 2 miles total	Jog straights / jog 1 curve every lap (2 miles)
<b>Level 4</b>	0.1 mile walk / 0.4 mile jog - 2 miles total	Fast walk 1 $\frac{3}{4}$ lap / walk curve (2 miles)
<b>Level 5</b>	Jog full 2 miles	Jog full 2 miles
<b>Level 6</b>	Increase workout to 2 $\frac{1}{2}$ miles	Increase workout to 2 $\frac{1}{2}$ miles
<b>Level 7</b>	Increase workout to 3 miles	Increase workout to 3 miles
<b>Level 8</b>	Alternate between running/jogging every $\frac{1}{4}$ mile	Increase speed on straights / jog curves
<b>Instructions:</b> <ul style="list-style-type: none"> <li>- <b>Mandatory 2-day rest between workouts for first two week</b></li> <li>- <b>Do not advance more than 2 levels per week</b></li> <li>- <b>Two days rest mandatory between levels 1, 2, and 3 workouts</b></li> <li>- <b>One day rest mandatory between levels 4-8 workouts</b></li> </ul>		
<b>Soreness Rules:</b> <ul style="list-style-type: none"> <li>- <b>If sore during warm-up, take 2 days off and drop down 1 level</b></li> <li>- <b>If sore during workout, take 1 day off and drop down 1 level</b></li> <li>- <b>If sore after workout, stay at same level</b></li> </ul>		
<b>Specific Considerations:</b> <ul style="list-style-type: none"> <li>- <b>Non-endurance athletes: must successfully complete level 4 of progression before advancement to sprinting</b></li> </ul>		

# Sprinting Program

(Adapted from Lorenz et al)

- ⇒ To be performed after completion of a four week walk-jog program for 30 minutes
- ⇒ Strength testing of quadriceps and hamstring at least 80% LSI
- ⇒ Hop testing within 80% LSI
- ⇒ Each step performed after at least 1 rest day between

Stage 1. 50% Intensity (1:3 work to rest ratio)			
<b>Objective: Build work capacity for anaerobic conditioning/endurance</b>			
<u>Step 1</u>	<u>Step 2</u>	<u>Step 3</u>	<u>Step 4</u>
20 yd x 3 untimed	20 yd x 4 untimed	20 yd x 3	20 yd x 3
40 yd x 2 untimed	40 yd x 3 untimed	40 yd x 4	40 yd x 4
60 yd x 2 untimed	60 yd x 2 untimed	60 yd x 2	60 yd x 2
80 yd x 2 untimed	80 yd x 2 untimed	80 yd x 2	80 yd x 2
100 yd x 1 untimed	100 yd x 1 untimed	100 yd x 1	100 yd x 2
80 yd x 2 untimed	80 yd x 2 untimed	80 yd x 2	80 yd x 1
60 yd x 2 untimed	60 yd x 2 untimed	60 yd x 2	60 yd x 2
40 yd x 2 untimed	40 yd x 3 untimed	40 yd x 4	40 yd x 4
20 yd x 3 untimed	20 yd x 4 untimed	20 yd x 3	20 yd x 3
19 runs @ 940 yds	23 runs @ 1060 yards	23 runs @ 1100 yds	23 runs @ 1120 yds
Stage 2. 75% Intensity (1:5 work to rest ratio)			
<b>Criteria to start: Completion of stage 1, all strength and functional testing &gt; 85%, pull passive flexion.</b>			
<b>Objective: Speed development, improve technique, and build repeated sprint ability</b>			
<u>Step 1</u>	<u>Step 2</u>	<u>Step 3</u>	<u>Step 4</u>
20 yd x 3	20 yd x 3	20 yd x 2	20 yd x 2
40 yd x 2	40 yd x 2	40 yd x 2	40 yd x 2
60 yd x 2	60 yd x 1	60 yd x 1	60 yd x 2
80 yd x 2	80 yd x 1	80 yd x 1	80 yd x 1
100 yd x 1	100 yd x 1	100 yd x 1	60 yd x 2
80 yd x 2	80 yd x 1	80 yd x 1	40 yd x 2
60 yd x 2	60 yd x 1	60 yd x 1	20 yd x 2
40 yd x 2	40 yd x 2	40 yd x 2	
20 yd x 3	20 yd x 3	20 yd x 2	
17 runs @ 780 yds	15 runs @ 660 yds	13 runs @ 620 yds	13 runs @ 560 yds
Stage 3. 90-100% Intensity (1:7 work to rest ratio)			
<b>Criteria to start: Complete stage 2, all strength and functional testing 90% or better, no effusion or pain.</b>			
<b>Objective: Achieve maximum effort. Work:rest ratio should replicate sport demands in step 3 and 4</b>			
<u>Step 1</u>	<u>Step 2</u>	<u>Step 3</u>	<u>Step 4</u>
20 yd x 6	10 yd x 3	10 yd x 3	10 yd x 2
40 yd x 2	20 yd x 4	20 yd x 3	20 yd x 3
60 yd x 1	40 yd x 2	30 yd x 2	30 yd x 2
40 yd x 2	60 yd x 1	40 yd x 2	40 yd x 1
20 yd x 6	40 yd x 2	60 yd x 1	60 yd x 1
10 yd x 3	30 yd x 1	30 yd x 2	40 yd x 1
	20 yd x 1	20 yd x 3	30 yd x 2
	10 yd x 2	10 yd x 3	20 yd x 3
*Full subjective recovery	*Full subjective recovery		10 yd x 2
20 runs @ 490 yds	19 runs @ 460 yds	19 runs @ 440 yds	17 runs @ 420 yds