

Running Program for Lower Limb Injuries

To commence running program the patient must:

- Have full pain free passive ROM

Begin all stages with a gentle warm up of 5 mins continuous walking/jogging.

Stage 1: Jogging for 40m x 10 with walk recovery

Stage 2: Jogging for 40m x 20 with walk recovery

Stage 3: Striding (40-60% of maximum) for 50m intervals. Walk back to start. 3 sets x 5 repetitions, rest and gentle stretch after each set of 5

Stage 4: Striding (75-85% of maximum) for 50m intervals. Walk back to start. 3 sets x 5 repetitions, rest and gentle stretch after each set of 5

Stage 5: Sprinting (90-100% of maximum) for middle 30m of 50m interval. Walk back to start. 3 sets x 5 repetitions, rest and gentle stretch after each set of 5. If required, begin easy kicking of light ball over short distances

Stage 6: Sports specific running drills (90-100% intensity) over 60 to 80m, including shuttle runs, rapid change in direction/ figure 8 drills, picking up and/or kicking on the run. Walk back to start. 3 sets x 5 repetitions, rest and gentle stretch after each set of 5

End all sessions with cool down of 5 mins continuous walking/jogging.

All components of a stage must be completed pain free before progression to the next phase of the program is allowed. Once all stages are complete, the patient is ready to begin full training. If at any point during a session pain is felt in the injured area, stop the activity and apply ice.