ANDREWS
Sports Medicine

RUNNING PROGRAM

The follow 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.

1. Jog ½ - 1 mile
2. Rest
3. Day 1 + Six- eighty yard sprints at ½ speed
4. Rest
5. Day 1 + 3 + Six- eighty yard sprints at ¾ speed
6. Rest
7. Day 1 + 3 + 5+ Six- eighty yard sprints at full speed
8. Rest
9. Jog 1 mile, then 6 – 200 yard sprints at ¾ speed
10. Rest
11. Jog 1 mile, then 6 – 400 yard sprints at ¾ speed
12. Rest
13. Rest
14. Return to play/practice

**When the athlete has completed the entire running program, he/she is ready to return to competition

**Do not move to the next step if there is pain or limping

**Ice fifteen minutes after completion of each step