

Interval Running Programs

FORWARD RUNNING: Run at _____% of maximal effort for a distance of _____ feet straight ahead. Perform _____ times.

BACKWARD RUNNING: Run backwards at _____% maximal effort for a distance of _____ feet. Repeat _____ times.

SIDE SHUFFLE: Begin by standing side-ways, step out with the lead foot and follow with the back foot in a side-stepping motion. Perform at _____% of maximal effort for a distance of _____ feet. Repeat in opposite direction. Perform _____ times in each direction.

START & STOP: Run straight forward at _____% of maximal effort for a distance of _____ feet then stop as quickly as possible. Perform _____ times.

FIGURE 8: Place 2 cones _____ feet apart. Start by standing in between cones and run a circle around one cone, then back to the starting position. Continue around opposite cone in a figure of 8 pattern. Perform at _____% maximal effort. Perform _____ times.

45 DEGREE CUTS: Run at _____% maximal effort for a distance of _____ feet, plant the involved leg and change direction such that the subsequent path you are running makes a 45 degree angle with the original path. Repeat the process while cutting on the uninvolved extremity. Perform _____ times.

90 DEGREE CUTS: Run at _____% maximal effort for a distance of _____ feet, plant the involved leg and change direction such that the subsequent path you are running makes a 90 degree angle with the original path. Repeat the process while cutting on the uninvolved extremity. Perform _____ times.

4 CORNERS DRILL: Place 4 cones in a square at a distance of _____ feet apart. Run forward at _____% maximal effort. Plant on the involved leg while maintaining the same body direction, then side step to the next cone. Back pedal to the next cone and another side step to the final cone. Repeat _____ times.

INDOOR INTERVAL RUNNING PROGRAM

Jog ~18 laps around the basketball court (~1 mile). Stop immediately if you begin limping or any pain is felt. If pain-free, then perform the following:

Run ____ lengths of the gym at $\frac{1}{2}$ speed. If no pain, then;

Run ____ lengths of the gym at $\frac{3}{4}$ speed. If no pain, then;

Run ____ lengths of the gym at full speed. If no pain, then;

Run ____ lengths, cutting by planting on involved leg, at full speed. If no pain;

Perform 10 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 begin at the first step the following day.
 - Each running session must be followed by a proper stretching program for each major muscle group of the lower extremities along with ice application for 15 minutes.
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OUTDOOR INTERVAL RUNNING PROGRAM

Jog 1 mile. Stop immediately if begin limping or any pain is felt. If pain-free, then perform the following:

Perform 6 eighty yard sprints at $\frac{1}{2}$ speed. If no pain or limp;

Perform 6 eighty yard sprints at $\frac{3}{4}$ speed. If no pain or limp;

Perform 6 eighty yard sprints at full speed. If no pain or limp;

Perform 6 eighty yard sprints with cutting at $\frac{1}{2}$ speed. If no pain;

Perform 6 eighty yard sprints with cutting at $\frac{3}{4}$ speed. If no pain;

Perform 6 eighty yard sprints with cutting at full speed. Always plant on the outside foot to cut. If no pain;

Perform 10 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.

- If the athlete does not complete the entire program on a particular day, he/she should begin at the first step the following day.
 - Each running session must be followed by a proper stretching program for each major muscle group of the lower extremities along with ice application for 15 minutes.
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OUTDOOR TRACK INTERVAL RUNNING PROGRAM

Run on an outdoor track. Run at ____% of maximum on the straight-a-ways and slow to a walk when going around the curves. Perform ____ laps.

