

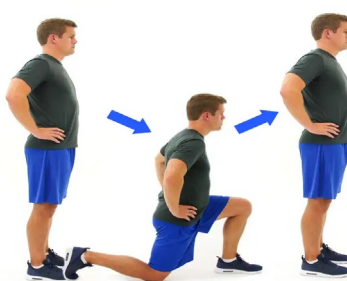




Dynamic Running Warm Up

- World's Greatest Dynamic:
 - High Knee Hug
 - Standing Hip Flexor Stretch
 - Forward Lunge into Kneeling Hip Flexor Stretch
 - Trunk Rotation
- High Knees
- Heel to Glute Kicks
- Walking Hamstring Scoops
- 5 Lap Jog

World's Greatest Dynamic

Standing Knee Hug	Ankle Grab	Fwd Lunge Walk	Kneeling Hip Flexor Stretch	Trunk Rotation
				
<p>While walking, raise up a knee while bending it and grasp it with both arms as you pull it up towards your chest for a stretch to your buttock. Alternate when you return to upright position.</p>	<p>Next, pull foot towards backside and hold. Release foot and step forward.</p>	<p>Start by standing with feet shoulder-width apart. Next, take a step forward and allow your front knee to bend. Allow your back knee to bend as well until it touches the floor or comes close to touching the floor.</p>	<p>While kneeling, thrust your hips forward and bend your front knee until a stretch is felt along the front of the other hip and taut at your forward leg's ankle.</p>	<p>Place both hands on the ground aligned with your body, not outside your forward leg. With your arms out-stretched in front of your body, slowly twist your upper body to the side of your forward leg and rotated your spine. Your arms and head should also be rotating along with the spine as shown. Follow your hand with your eyes.</p>

Holds: 3 seconds

Repeat: 2 times

Activation

- Monster Walk Forward w/ TheraBand
- Monster Walk Retro(Backwards) w/ TheraBand
- Lateral Shuffles w/ TheraBand
- Cariocas (cross over in front with no lumbar rotation)
- Hop Drill:
 - Box
- Bounding:
 - Lateral
 - Forward

Monster Walks



With an elastic band above both knees or around both ankles, do a $\frac{1}{4}$ squat, so that your knees are bent to around 30 degrees. Your knees should be over your big toes. Walk forwards and backwards while keeping your knees spread apart. Keep your knees bent the entire time. Your toes should point slightly out the whole time.

Sets: 3

Reps: 10 meters

Perform: 2x per day

Lateral Shuffle



With an elastic band around your legs just above your knees or around both ankles, walk to the side while keeping your knees spread apart. Keep your knees bent the entire time. Your toes should point slightly out the whole time.

Sets: 3

Reps: 10 meters

Perform: 2x per day

Home Exercises

- Towel Scrunches
- Plank
- Hip 4-Way
 - Abduction (Moving Straight Leg away from body)
 - Adduction (Moving Straight Leg toward body)
 - Flexion (Moving Straight Leg forward)
 - Extension (Moving Straight Leg backward)
- Single Leg Heel Raises
- Eccentric Heel Raises

Towel Scrunches



While seated, use a towel and draw it back towards you using your toes. Curl your toes inward.

Be sure to keep your heel in contact with the floor the entire time.

Place a textbook or light dumbbell at the distant end of the towel.

1 Repetition = you cannot bunch any more towel under your foot or a floor tile distance

Week 1

Sets: 3 times

Reps: 3

Weight: 2lbs

Perform: 2x per day

Week 2

Sets: 3 times

Reps: 3

Weight: 2lbs

Perform: 2x per day

Week 3

Sets: 3 times

Reps: 3

Weight: 4lbs

Perform: 2x per day

Week 4

Sets: 3 times

Reps: 3

Weight: 4lbs

Perform: 2x per day

Plank



While lying face down, lift your body up on your elbows and toes. Try and maintain a straight spine. Do not allow your hips or pelvis on either side to drop or raise.

Week 1

Repeat: 3 times
Hold: 30 seconds
Perform: 2x per day

Week 2

Repeat: 3 times
Hold: 45 seconds
Perform: 2x per day

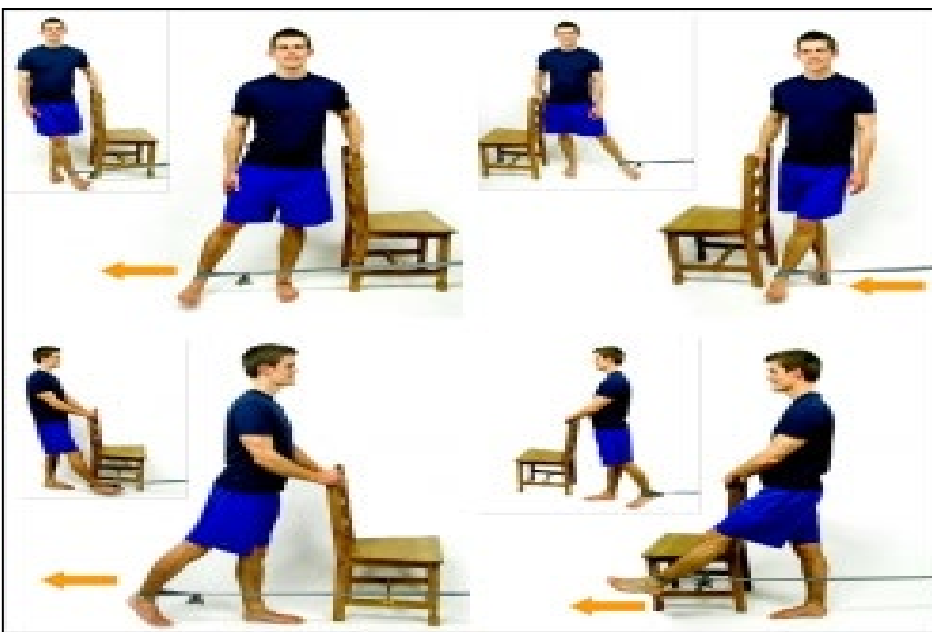
Week 3

Repeat: 3 times
Hold: 1 minute
Perform: 2x per day

Week 4

Repeat: 3 times
Hold: 1 min 30 sec
Perform: 2x per day

Standing 4 Way Hip



While standing next to a chair for balance with an elastic band looped around your ankle, swing your leg with a straight knee in 4 directions as shown.

Week 1

Sets: 3 times

Reps: 8

Perform: 2x per day

Week 2

Sets: 3 times

Reps: 10

Perform: 2x per day

Week 3

Sets: 3 times

Reps: 10

Perform: 2x per day

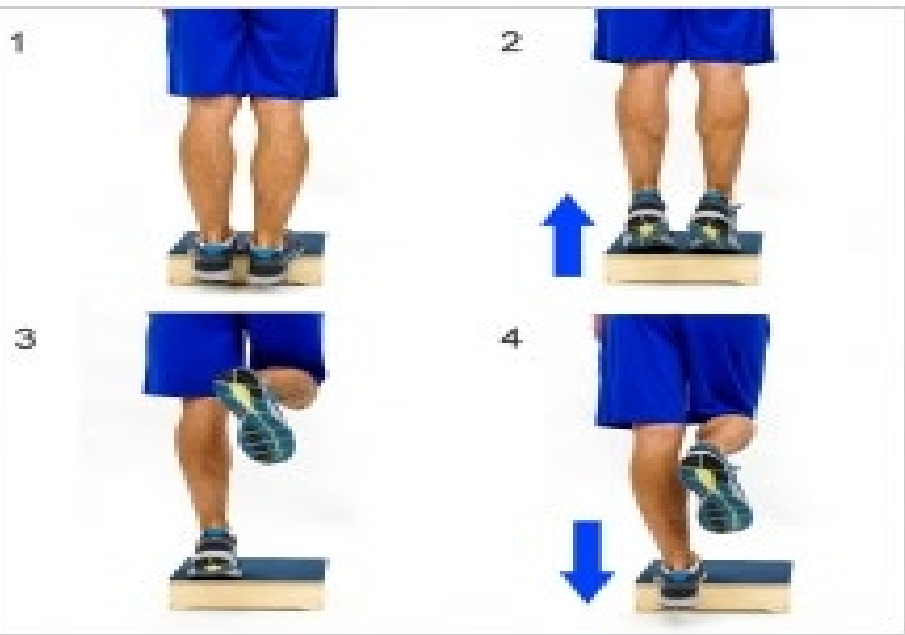
Week 4

Sets: 3 times

Reps: 15

Perform: 2x per day

Barefoot Eccentric Single Leg Heel Raises



- (1) While standing on a step, raise up on your toes
- (2) as you lift your heels off the ground.
- (3) Next, bend the non-target leg.

Then, (4) lower your heel back down count to __ before you reach your starting position.

Week 1

Sets: 3 times
Reps: 10
Ecc Count: 3 seconds
Weight: 0lbs
Perform: 2x per day

Week 2

Sets: 3 times
Reps: 10
Ecc Count: 5 seconds
Weight: x2 5lbs
Perform: 2x per day

Week 3

Sets: 3 times
Reps: 12
Ecc Count: 5 seconds
Weight: x2 5lbs
Perform: 2x per day

Week 4

Sets: 3 times
Reps: 12
Ecc Count: 10 seconds
Weight: x2 10lbs
Perform: 2x per day

Barefoot Single Leg Heel Raises



Stand on a step with one leg and with your heel off the edge of the step. Next, raise up on your toes as you raise your body upward as shown.

Week 1

Sets: 3 times

Reps: 10

Perform: 2x per day

Week 2

Sets: 3 times

Reps: 12

Perform: 2x per day

Week 3

Sets: 3 times

Reps: 15

Perform: 2x per day

Week 4

Sets: 3 times

Reps: 20

Perform: 2x per day

Gym/PRT/Work-Out Exercises

- Wall Squat
- Swiss Ball Leg/Hamstring Curl
- Glute Bridge w/ TheraBand
- Bulgarian Split / Single-Leg Squat

Abdominal Drawing-In Maneuver (ADIM) Training



Perform this lying down with your knees bent.

Press your finger tips into your relaxed abdomen just inside the front of your hip bone. Next, tighten and brace your abdomen so that the muscles push your finger tips away from the center of your body. Hold and then relax and repeat.

Sets: 3

Reps: 10

Hold: 10 seconds

Perform: 2x per day

Wall Squat



Start with your feet shoulder width apart and the foam roller positioned against your lower back. Your feet should be slightly in front of you when you begin.

Squat down until your thighs are parallel to the floor, allowing the foam roller to roll up your back. Do not let your knee move forward past your toes. Your knee should stay directly over your second toe and not move inwards or outwards as you squat.

Week 1

Repeat: 3 times
Hold: 30 seconds
Perform: 2x per day

Week 2

Repeat: 3 times
Hold: 45 seconds
Perform: 2x per day

Week 3

Repeat: 3 times
Hold: 1 minute
Perform: 2x per day

Week 4

Repeat: 3 times
Hold: 1 min 30 sec
Perform: 2x per day

Exercise Ball Hamstring Curl



While lying on the floor, place an exercise ball under the heels of your feet.

Next, raise up your buttocks and then bend your knees to draw the ball towards your body.

Keep your buttocks elevated off the floor the whole time.

Week 1

Sets: 3 times
Reps: 10
Hold: 3 seconds

Week 2

Sets: 3 times
Reps: 12
Hold: 3 seconds

Week 3

Sets: 3 times
Reps: 12
Hold: 5 seconds
with ADIM

Week 4

Sets: 3 times
Reps: 15
Hold: 5 seconds
with ADIM

Single Leg Exercise Ball Hamstring Curl



While lying on the floor, place your heel on an exercise ball.

Next, raise up your buttocks and then bend your knee to draw the ball towards your body.

Keep your buttocks elevated off the floor the entire time.

Week 1

Sets: 3 times
Reps: 10

Week 2

Sets: 3 times
Reps: 12

Week 3

Sets: 3 times
Reps: 12

Week 4

Sets: 3 times
Reps: 15

Theraband Bridges



While lying on your back, place an elastic band around your knees and pull your knees apart. Hold this and then tighten your lower abdominals, squeeze your buttocks and raise your buttocks off the floor/bed as creating a "Bridge" with your body.

Week 1

Sets: 3 times
Reps: 10
Hold: 3 seconds

Week 2

Sets: 3 times
Reps: 12
Hold: 3 seconds

Week 3

Sets: 3 times
Reps: 12
Hold: 5 seconds
with ADIM

Week 4

Sets: 3 times
Reps: 15
Hold: 5 seconds
with ADIM

Single Leg Squat in front of Mirror



Stand on your target leg and place your other foot propped up on a chair or other low object behind you as shown. Next, bend your knee and lower your body towards the floor. Then return to a standing position. Your front knee should bend in line with the 2nd toe and not pass the front of the foot.

Week 1

Sets: 3 times
Reps: 10

Week 2

Sets: 3 times
Reps: 12

Week 3

Sets: 3 times
Reps: 12

Week 4

Sets: 3 times
Reps: 15

Prior to Run Exercises

- Cossack Squat / Lateral Lunge
- Heel Raises
- Monster Walk in Box
- Reverse Plank w/ Leg Raises

Cossack Squat / Lateral Lunge



Start in a standing position with feet spread wide apart. Next, slowly bend your targeted knee while keeping other knee straight.

Maintain a straight knee on the target leg the entire time. You should feel a stretch on the inner thigh. Keep upper body upright with a hinge at your hips.

Week 1

Sets: 3 times
Reps: 10

Week 2

Sets: 3 times
Reps: 10

Week 3

Sets: 3 times
Reps: 12

Week 4

Sets: 3 times
Reps: 12

Heel Raises



Raise up on your toes as you lift your heels off the ground. Use a chair for balance if needed.

Week 1

Sets: 3 times
Reps: 15

Week 2

Sets: 3 times
Reps: 20

Week 3

Sets: 3 times
Reps: 20

Week 4

Sets: 3 times
Reps: 25

Heel-Toe Rocks



In a standing position with your feet on the ground, raise up your forefoot and toes as you bend at your ankle. Then rock back to your heels, lifting your toes off the ground.

Place your hands on a chair or countertop for balance.

Week 1

Sets: 3 times
Reps: 15

Week 2

Sets: 3 times
Reps: 20

Week 3

Sets: 3 times
Reps: 25

Week 4

Sets: 3 times
Reps: 30

Run Days

Monday, Wednesday, Friday

20-minute Runs

Focus first __-minutes of run toward sustaining set beats/steps per minute(bpm/spm).

Complete run at comfortable pace for remainder of time.

Week 1

160 bpm/spm
Repeat: 1 time
Sustain: 10-minutes

Week 2

165 bpm/spm
Repeat: 2 times
Sustain: 10-minutes

Week 3

170 bpm/spm
Repeat: 3 times
Sustain: 12 minutes

Week 4

175 bpm/spm
Repeat: 3 times
Sustain: 12 minutes

Alternatives for Run Days

- Walk / Jog
- Speed Walk on Incline Treadmill
- Stationary Bicycle



Walk / Jog Program



- *Intensity: Slow to moderate pace*
- *Location: Treadmill, Track, or Even Terrain*
- *Frequency: Run no more than 3 days per week with at least one day between run days. Perform your other rehabilitation exercises on non-run days.*
- **Level 2.** Walk 4' / Jog 1', 3 cycles= 15 min
- **Level 3.** Walk 3' / Jog 2', 4 cycles= 20 min
 - Complete Level 2 a minimum of 2 sessions prior to starting Level 3
 - Criteria for advancement: No pain during exercise and no pain or swelling following exercise for at least 2 iterations of the previous level



Speed/Range Walk Incline Treadmill



Complete Incline Treadmill Speed/Range Walk as supplement to Run Program.

Perform Treadmill in place of Run Day in occurrence of increased pain making running intolerable.

Week 1
Incline: 4% Repeat: 1-2 times Duration: 12-mins

Week 2
Incline: 7.5% Repeat: 1-2 times Sustain: 14-mins

Week 3
Incline: 11% Repeat: 3-4 times Sustain: 16-mins

Week 4
Incline: 15% Repeat: 3-4 times Sustain: 18-mins

Upright Bicycle Fitting



To determine proper seat height, keep the pelvis level on the bicycle seat, place the heel (not forefoot) on the pedal and make 1 revolution backwards. The heel should maintain light contact or very slightly come off of the pedal at the bottom or 6-o'clock position, without lowering the pelvis.

If possible, the seat should be adjusted forward or back so that with the forefoot on the pedal, the front of the knee is directly over the spindle of the pedal. The front of the knee is directly over the spindle of the pedal when the pedal is at the 3-o'clock position.

The knee should stay aligned over the pedal throughout the cycle and resistance should be low to moderate with a cadence of 80-90 revolutions per minute (RPM).

Bicycle Power Intervals



Power intervals consist of a 1 to 2 ratio of high intensity cycling with corresponding low intensity spinning to recover.

A typical session of cycling incorporating power intervals is described below:

Warm up -5 minutes easy cycling at 90 revolutions per minute at resistance level that can be felt but not taxing in effort.

Power intervals -Each minute, on the minute the resistance is increased to a moderate to heavy resistance, cadence stays above 80 RPM and intensity/effort is increased for 20 seconds. After 20 seconds, the resistance is reduced back to the warm up resistance level and cadence remains 90 RPM.

A total of 6-10 power intervals are performed per session.

Additional Intrinsic, Stretches and Foam Rolls

- Foot Caves
- Standing Gastrocnemius / Soleus Stretch
- Plantarflexion Stretch
- Calf Foam Roll
- Hamstring Foam Roll
- ITB Foam Roll
- Quads Foam Roll

Foot Caves



Start with your foot on the floor. Raise up the arch of your foot while maintaining your big toe, ball of your foot and heel on the floor the entire time.

Sets: 3
Reps: 10
Hold: 10 seconds
Perform: 2x per day

Standing Gastroc / Soleus Stretch



Standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a **straight** knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend. You should feel a gentle stretch along the back of your rear leg.

Repeat: 3 times

Hold: 30 seconds

Perform: 2x per day



Standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a **bent** knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Plantarflexion Stretch



Sit and place your affected foot on a firm surface. Use one hand to bend the ankle downward as shown.

Repeat: 3 times

Hold: 20 seconds

Perform: 2x per day

Foam Roller Calf



Start by sitting with the foam roll under your affected calf and cross your other leg on top.

Next, lift your body up with your arms and roll forward and back across your calf area.

Repeat: 2 minutes

Perform: 2x per day

Foam Roller Hamstrings



Start by sitting on a foam roll under both your thighs. Next, using your arms, roll forward and back across this area.

You may cross your legs to focus pressure on one leg.

Repeat: 2 minutes

Perform: 2x per day

Foam Roller IT Band



Start on your side with a foam roll under your bottom thigh. Roll slightly backwards or slightly forward to get outside hamstrings or outside quadriceps. Next, using your arms and unaffected leg, roll up and down the foam roll along your lateral thigh.

Repeat: 2 minutes

Perform: 2x per
day

Foam Roller Quads



Start by lying face down so that a foam roll is under the top of your thighs.

Next prop up on your elbows and use your arms to move your body forward and backwards on the foam roller.

You may cross your legs to focus pressure on one leg.

Repeat: 2 minutes

Perform: 2x per day