

SPORT SPECIFIC / CARDIOVASCULAR		Instructions
Phase 1	Non-impact cross training	Walking Bike Swimming Cross Trainer Deep water jogging Rowing
	Phase 1.1: 10 mins	
	Phase 1.2: 20 mins	
	Phase 1.3: 30 mins	
	Phase 1.4: 30 mins (inc.5 x 1 min high intensity, 90s secs rest)	
	Phase 1.5: 30 mins (Inc. 5x2 mins high intensity, 120 secs rest)	
	Phase 1.6: 45 minutes with 15 minutes high intensity	
Progress to Phase 2*	Once completed above and using our recommended progression guidance notes	We recommend that pre-running drills are commenced before the running program. Please discuss with your physiotherapist and refer to the running drills section of TRAK.
Phase 2*	Running + Agility Program	Running progressions: To begin with we recommend a combination of walking and jogging for 15 minutes I.e. 3 minutes walking, 1 minute jogging, progressing to 1 minute walking and 1 minute jogging, then continuous jogging. High intensity progressions Total time (10-20 minutes) can be made up of: 1. <i>Straight line efforts</i> 2. <i>Straight line acceleration/deceleration</i> 3. <i>Agility program (agility page)</i> <i>Straight line efforts</i> Set out a 200m track Moderate speed i.e. 70% of your max High speed i.e. 80% of your max Sprint i.e. 90-100% of your max <i>Progress through the following levels:</i> Level 1: 2 x 200m on 90 secs, Repeat x 2 sets (120s rest between sets) Level 2: 3 x 200m on 90 secs, Repeat x 2 sets (120s rest between sets) Level 3: 3 x 200m, on 90 secs, Repeat x 3 sets (120s rest between sets) <i>When do I progress through the levels?</i> Once completed 2 sessions at 90-100% move to next level. <i>Acceleration/Deceleration:</i> Set out a 200m track as above with a 40m sprints of 90-100% in the middle (i.e. accelerate at 2 nd cone, decelerate at 3 rd) 70% 100% 70% Note: distance/time can then be catered to individual needs/sport.
	Phase 2.1: Run 15 minutes + 30 mins Phase 1	
	Phase 2.2: Run 20 minutes + 25 mins Phase 1	
	Phase 2.3: Run 30 minutes + 20 mins Phase 1	
	Phase 2.4: Run 45 minutes inc 10 mins high intensity/agility (see next page for agility program)	
Phase 2.5: Run 50 minutes inc 20 mins high intensity/agility (see next page for agility program)		

Prior to returning the athlete to any sport specific training or matches we recommend you complete return to sport testing (see Return to Sport Criteria in folder)

