

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

# INJURY RECOVERY PLAN

## INJURY SIGNS:

**1**  
You feel pain while running and there is pain in the same area for 3 consecutive days.

**2**  
You feel pain while running and the pain sharply increases in intensity as you run.

**3**  
You feel pain while running and the same pain can still be felt even when not running.

If you are experiencing one of the injury signs above, KEEP ATTENDING PRACTICE!  
\*Complete the Stage 1 Plan and refer to this form when talking with your Coach about your injury.

## STAGE 1: 3 DAYS OF EXTRA CAUTION AND OBSERVATION

**1** **WARM-UP:** pick one →  2 Lap walk  2 Lap run  Full Mile

INJURY PAIN SCALE										
0	MILD		MODERATE		HIGH		SEVERE		VERY SEVERE	
	1	2	3	4	5	6	7	8	9	10
	DULL / TIGHT		UNCOMFORTABLE		PAINFUL		VERY PAINFUL		UNBEARABLE	

 Write down the Pain Level during the Warm-up. (refer to the "Injury Pain Scale")

DAY 1  DAY 2  DAY 3  \*DAY 4  \*DAY 5  \*DAY 6

If the pain level was 1-4, pick a running option:


### 2 RUNNING OPTIONS

- 15 min run (easy) + 5min walk
- 15 min run (easy) + 10min walk
- 20 min run (easy)
- 5min walk, 10min run, repeat 2 times

If the pain level was 5-10, pick a crosstrain option

### CROSSTRAIN OPTIONS

- 20min bike + 5min walk
- 20min bike + 5min run (easy)
- 3min walk, 2min run, repeat 4-5 times
- 5min walk, 5min run, repeat 2-3 times

 Write down the Pain Level at the end of your running or cross training.

DAY 1  DAY 2  DAY 3  \*DAY 4  \*DAY 5  \*DAY 6

### 3 INJURY STRENGTH ROUTINE

After your run or cross train, do the following injury strength routine

- Body Weight Squats (60secs)
- Shallow Knee Bend (30sec each)
- Single Leg Bridges (45sec each)
- Straight Leg Clams (45sec each)
- Donkey Kicks (45sec each)
- Face down Leg Raises (45sec each)

### 4 POST-RUN RECOVERY

The following can greatly impact how quickly you recover from an injury:

**MASSAGE** EVERY OTHER DAY  
-massage or roll-out the muscles nearest to the injury.

**ICE** 7-10MIN EVERY DAY  
-ice the area where pain is felt. Avoid having ice directly contact the skin.

**REST** 9+ HOURS A NIGHT  
-quality sleep is a valuable tool in recovering quicker.

## AFTER COMPLETING STAGE 1

If you did see progressive over the 3 Days

MOVE ON TO STAGE 2 → WORK ON THE BACKSIDE

OR

If you didn't see progressive over the 3 Days

DO THREE MORE DAYS OF STAGE 1 → \*DAYS 4,5,6

## STAGE 2: 6 DAYS BUILDING BACK TOWARDS FULL TRAINING

1

### WARM-UP:

pick one →

2 Lap run

Full Mile

### INJURY PAIN SCALE

	MILD		MODERATE		HIGH		SEVERE		VERY SEVERE	
0	1	2	3	4	5	6	7	8	9	10
	DULL / TIGHT		UNCOMFORTABLE		PAINFUL		VERY PAINFUL		UNBEARABLE	

2

### RUNNING OPTIONS



Write down the Pain Level during the Warm-up and at the end of your run.  
(refer to the "Injury Pain Scale")

WARM-UP    END OF RUN



**DAY 1** - 20-30min (easy)



**DAY 2** - 25-35min (easy/avg)



**DAY 3** - 25-40min (easy/avg) + 6 Strides

After Day 3, adjusted workouts are now possible

\*The default adjustment is for upper Levels to do the Level 1 version of the workout.  
For those that are Level 1, do half of the workout.



**DAY 4** - 30-40min (avg) + 6 Strides



**DAY 5** - 30-45min (avg) + 6 Strides



**DAY 6** - 30-50min (avg) + 6 Strides

3

### INJURY STRENGTH ROUTINE

After your run or cross train, do the following injury strength routine

1. Body Weight Squats (60secs)
2. Shallow Knee Bend (30sec each)
3. Single Leg Bridges (45sec each)
4. Straight Leg Clams (45sec each)
5. Donkey Kicks (45sec each)
6. Face down Leg Raises (45sec each)

4

### POST-RUN RECOVERY

The following can greatly impact how quickly you recover from an injury:

**MASSAGE** EVERY OTHER DAY  
-massage or roll-out the muscles nearest to the injury.

**ICE** 7-10MIN EVERY DAY  
-ice the area where pain is felt. Avoid having ice directly contact the skin.

**REST** 9+ HOURS A NIGHT  
-quality sleep is a valuable tool in recovering quicker.

## AFTER COMPLETING STAGE 2

Turn in your completed form to your coach.  
Discuss with your coach if you can now return to full training.