INJURY RECOVERY PLAN

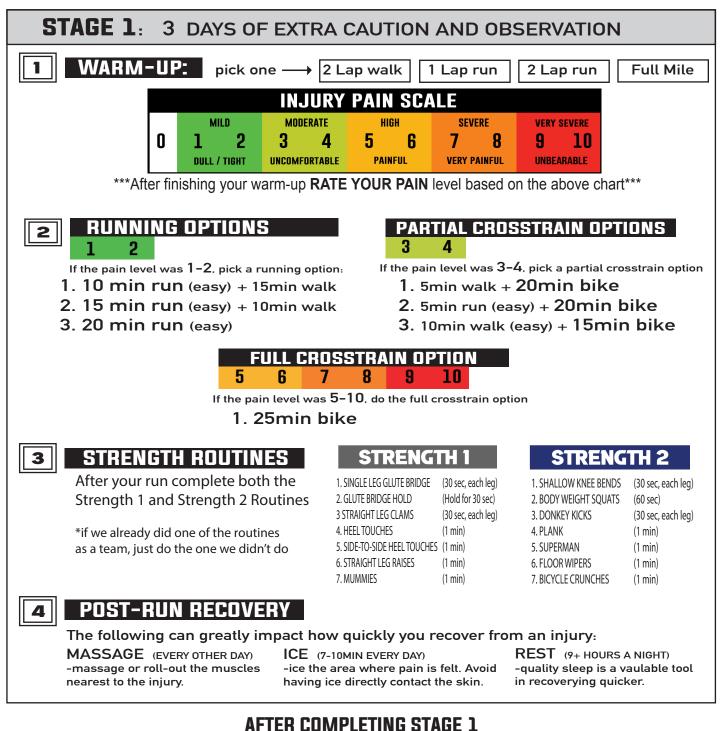
INJURY SIGNS: 2

1 You feel pain while running and <u>there is pain in the same</u> <u>area for 3 consecutive days.</u>

You feel pain while running and <u>the pain sharply increases</u> in intensity as you run. You feel pain while running and t<u>he same pain can still b</u>e <u>felt even when not running.</u>

3

If you are experiencing one of the injury signs above, follow the Stage 1 Plan.



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If you <u>did see progressive</u> over the 3 Days

If you <u>didn't see progressive</u> over the 3 Days

MOVE ON TO STAGE 2 . GO TO THE BACKSIDE

DO THREE MORE DAYS OF STAGE 1 \rightarrow *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 DULL / TIGHT UNCOMFORTABLE		RY PAINFUL	9 10 UNBEARABLE	
2 BUILDING BACK - RUNNING MINUTES				
Record your runs each day on Strava, in the "descriptions" part of the post				
add three numbers in parentheses (# , # , #)				
The FIRST NUMBER represents the pain felt throughout the day if any The SECOND NUMBER represents the pain felt at the beginning of the run The THIRD NUMBER represents the pain felt at the end of the run				
DAY 1 - 25-30min (easy)				
DAY 2 - 25-35min (easy/avg)				
DAY 3 - 25-40min (easy/avg) + 6 Strides				
After Day 3, adjusted workouts are possible *the default adjustment is to cap workout load at 15-20min of hard effort				
DAY 4 - 30-40min (avg) + 6 Strides				
DAY 5 - 30-45min (avg) + 6 Strides				
DAY 6 - 30-50min (avg) + 6 Strides				
3 STRENGTH ROUTINES	STRENG	ith 1	STRENG	TH 2
After your run complete both the	1. SINGLE LEG GLUTE BRIDGE	, J,	1. SHALLOW KNEE BENDS	(30 sec, each leg)
Strength 1 and Strength 2 Routines	2. GLUTE BRIDGE HOLD 3 STRAIGHT LEG CLAMS	(Hold for 30 sec) (30 sec, each leg)	2. BODY WEIGHT SQUATS 3. DONKEY KICKS	(60 sec) (30 sec, each leg)
*if we already did one of the routines	4. HEEL TOUCHES	(1 min)	4. PLANK	(1 min)
as a team, just do the one we didn't do	5. SIDE-TO-SIDE HEEL TOUCH 6. STRAIGHT LEG RAISES	ES (1 min) (1 min)	5. SUPERMAN 6. FLOOR WIPERS	(1 min) (1 min)
	7. MUMMIES	(1 min)	7. BICYCLE CRUNCHES	(1 min)
POST-RUN RECOVERY				
The following can greatly impact how quickly you recover from an injury:				
-massage or roll-out the muscles -ice the	10MIN EVERY DAY) area where pain i ce directly contact	REST (9+ HOURS A NIGHT) -quality sleep is a vaulable tool in recoverying quicker.		

AFTER COMPLETING STAGE 2 Discuss with your coach if you can now return to full training.