

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, follow the Stage 1 Plan.

STAGE 1: 3 DAYS OF EXTRA CAUTION AND OBSERVATION

1

WARM-UP:

pick one →

2 Lap walk

1 Lap run

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	

After finishing your warm-up RATE YOUR PAIN level based on the above chart

2

RUNNING OPTIONS

1 2

If the pain level was 1-2, pick a running option:

- 10 min run (easy) + 15min walk
- 15 min run (easy) + 10min walk
- 20 min run (easy)

PARTIAL CROSSTRAIN OPTIONS

3 4

If the pain level was 3-4, pick a partial crosstrain option

- 5min walk + 20min bike
- 5min run (easy) + 20min bike
- 10min walk (easy) + 15min bike

FULL CROSSTRAIN OPTION

5 6 7 8 9 10

If the pain level was 5-10, do the full crosstrain option

- 25min bike

3

STRENGTH ROUTINES

After your run complete both the Strength 1 and Strength 2 Routines

*if we already did one of the routines as a team, just do the one we didn't do

STRENGTH 1

- SINGLE LEG GLUTE BRIDGE (30 sec, each leg)
- GLUTE BRIDGE HOLD (Hold for 30 sec)
- STRAIGHT LEG CLAMS (30 sec, each leg)
- HEEL TOUCHES (1 min)
- SIDE-TO-SIDE HEEL TOUCHES (1 min)
- STRAIGHT LEG RAISES (1 min)
- MUMMIES (1 min)

STRENGTH 2

- SHALLOW KNEE BENDS (30 sec, each leg)
- BODY WEIGHT SQUATS (60 sec)
- DONKEY KICKS (30 sec, each leg)
- PLANK (1 min)
- SUPERMAN (1 min)
- FLOOR WIPERS (1 min)
- BICYCLE CRUNCHES (1 min)

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 → GO TO 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

0		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

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

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2. GLUTE BRIDGE HOLD (Hold for 30 sec)
3. STRAIGHT LEG CLAMS (30 sec, each leg)
4. HEEL TOUCHES (1 min)
5. SIDE-TO-SIDE HEEL TOUCHES (1 min)
6. STRAIGHT LEG RAISES (1 min)
7. MUMMIES (1 min)

STRENGTH 2

1. SHALLOW KNEE BENDS (30 sec, each leg)
2. BODY WEIGHT SQUATS (60 sec)
3. DONKEY KICKS (30 sec, each leg)
4. PLANK (1 min)
5. SUPERMAN (1 min)
6. FLOOR WIPERS (1 min)
7. BICYCLE CRUNCHES (1 min)

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AFTER COMPLETING STAGE 2

Discuss with your coach if you can now return to full training.