

ACL Running Program

STRETCHING

Emphasis should be placed on the heel cord and calf musculature. This should be started about 1 month prior to starting to jog. Other important stretches to be completed include:

- Quadriceps
- Hamstring
- Hip flexors
- Groin
- Hip
- Low back
- Iliotibial band
- Chest
- Shoulders
- Arms

SURFACE

The surface that you begin to run on is important on how the forces of jogging/running are distributed thru your body. The normal forces acting on your body during the act of running equal absorption, such as grass or a track, reduces the effect of these forces. It is advisable that you do not run on concrete or asphalt surface.

When you start the running program, complete it on a surface or area that familiar to you. Care should be taken to avoid any holes or debris that could be on the ground. If you are unfamiliar with the area, walk the area to see if there are any obstacles. Second consideration is to exercise on a surface that is dry to prevent you from slipping or twisting on your repaired knee.

When you begin to start your agility drills, walk the area to see if it safe to complete the exercise. Pick up any sticks, rocks, or any other loose material that may cause you to lose your balance.

Flat surfaces should be primarily used. Hill work or gradual inclines should be avoided in the beginning of the program. If you come upon a hill, walk it.

Remember that more stress is placed on the knee running downhill than going uphill. This is definitely to be avoided in the initial weeks of the program. This could cause irritation to occur underneath the kneecap.

SHOES

When you start the running program, an important factor to be considered is what type of shoe to wear. A running shoe usually lasts between 300-400 miles.

Things to look for in a shoe:

- Carbon rubber sole
- Medial wedge to control pronation
- Last
 - Board last for overpronation
 - Slip last for underpronation
- Flexible midsole
- Adequate width across ball of the foot
- ¼" room at toe box
- Try on shoes at the end of the day

RUNNING PROGRAM

Week 1

Day 1

Walking 3-4 sessions

Day 2

20-30 minutes of walking at comfortable pace

Day 3

20-30 minutes of walking at comfortable pace

20-30 minutes of walking at comfortable pace

Week 2

Day 1

Walking 3 sessions, Jogging 1 session

Day 2

20-40 minutes of walking at high intensity

Day 3

20-40 minutes of walking at moderate intensity

Jogging

20-40 minutes of walking at low intensity

Jog 2 days after moderate walk

Begin with 10 minutes of walking as a warm up

Walk 25 yards Jog 50 yards

Repeat 10-15 times

End with 10 minutes of walking as a cool down

Agilities

Circles of 10-15 yards in diameter, clockwise/counterclockwise

Walk at high intensity to a slow jog

Repeat 3-5 times in each direction

Ice knee for 20 minutes after each session

Week 3

Day 1

Walking 2 sessions, jogging 2 sessions

Day 2

20-40 minutes of walking at high intensity

2 days after high intensity walking

25 yards walking 60 yards low intensity jogging

Repeat 15 times

Day 3

20-40 minutes of walking at moderate intensity

Day 4

Begin with 10 minutes of walking

25 yards walking 100 yards moderate jogging

Repeat 15 times

Agilities

Circles of 5-10 yards at easy jog, clockwise/counterclockwise

Repeat 3-5 times each direction

Squares of 10x10 yards (round edges)

Walking pace

3-5 times in each direction, clockwise/counterclockwise

Figure 8s with circles of 5-10 yards

Walking pace

3-5 times in each direction, clockwise/counterclockwise

Week 4

Start long distance jogging

Walk: warmup and cool down for 5-10 minutes

Continue flexibility exercises

Day 1

Jog 1/8 mile (200 yards) Walk 100 yards

Repeat 2-4 times

Day 2

Jog 1/4 mile (400 yards) Walk 100 yards

Repeat 2-4 times

Day 3

30-40 minutes walking at moderate to high intensity

Day 4

Jog 1/8 mile (200 yards) Walk 100 yards

Repeat 2-4 times

Agilities

Circles of various diameters of 5-15 yards clockwise/counterclockwise

Walk/jog pace

1 set of 3 reps at 10 yard diameter each direction

1 set of 3 reps at 5 yard diameter each direction
 Figure 8s with circles of 5-10 yards clockwise/counterclockwise
 Walk/jog pace
 1 set of 3 reps at 10 yard diameter each direction
 1 set of 3 reps at 5 yard diameter each direction
 Squares of 10x10 yards (90° angles)
 Walking pace
 1 set of 3-5 reps in each direction, clockwise/counterclockwise
 Squares of 10x10 yards (round edges)
 Jogging pace
 1 set of 3-5 reps in each direction, clockwise/counterclockwise

Backward walking in 3 directions
 Make cut at 5 yards and complete 10 yards for total of 15 yards traveled;
 Make cuts at 45-90° angle only on smooth, clear, dry ground

Week 5

Days 1-4

5-10 minutes walking warmup; Flexibility exercises
 1/8 – 1/4 mile jog
 Repeat 3-4 times
 Rest 1-2 minutes fast walking between reps

Agilities

Repeat agilities from week 4;
 Cariacoas
 Walk pace
 1 set of 3-5 reps at 20 yards to right
 1 set of 3-5 reps at 20 yards to left

Sprints

1/2 speed 30-50 yards
 2-5 times
 3/4 speed 30-50 yards
 2-5 times
 Cool down with 5-10 minute walk

Week 6

1-4 times/week

5-10 minutes walking warmup; Flexibility exercises
 Increase speed of jogging from 3/4 to full speed
 Distances of 1/2-3/4 mile
 1 minute rest of slow walking
 Repeat 3-5 times

Agilities

Circles of various diameters of 5-10 yards clockwise/counterclockwise
 3/4 to full speed
 1 set of 3-4 reps at 10 yard diameter each direction
 1 set of 3-4 reps at 5 yard diameter each direction
 Figure 8s with circles of 5-10 yards clockwise/counterclockwise
 3/4 to full speed
 1 set of 3-4 reps at 10 yard diameter each direction
 1 set of 3-4 reps at 5 yard diameter each direction
 Squares of 10x10 yards, 5-7 yards (90° angles), clockwise/counterclockwise
 3/4 to full speed
 1 set of 3-5 reps of 10 yds in each direction
 1 set of 3-5 reps 5-7 yds in each direction

Cariacoas, right and left direction
 1/4-1/2 speed
 1 set of 3 reps at 10 yards in each direction
 1 set of 3 reps at 15 yards in each direction
 1 set of 3 reps at 20 yards in each direction

Sprints

Work with increasing distance

½ to full speed
2x20 yds, 2x30 yds, 2x40 yds, 2x50 yds, 2x40 yds, 2x30 yds, 2x20 yds
10-15 second rest period after each sprint
Cool down with 5-10 minute walk

Week 7
Day 1 5-10 minutes walking warmup; Flexibility exercises
Jogging from ¾ to full speed
Distances of ¼ mile
30-60 second rest of slow walking
Repeat 2-3 times

Day 2 Jogging from ¾ to full speed
Distances of ¼-½ mile
30 second rest of slow walking
Repeat 2-3 times

Day 3 Jogging from ¾ to full speed
Distances of ½-1 mile
30-60 second rest of slow walking
Repeat 2-3 times

Day 4 Jogging from ¾ to full speed
Distances of ¼-½ mile
30 second rest of slow walking
Repeat 2-3 times

Agilities Same as week 6
Backward jogging
5 yards, cut right for 10 yards straight
5 yards, cut left for 10 yards straight
10 yards, cut right for 10 yards straight
10 yards, cut left for 10 yards straight
3 yards, cut right for 10 yards straight
3 yards, cut left for 10 yards straight
Repeat 2-3 times each

Sprints Increasing to full speed
1 set 20 yds, 30 yds, 40 yds, 50 yds
10-20 second rest period after each sprint
2 sets 40 yds, 50 yds, 60 yds, 80 yds, 100 yds
20-30 second rest period after each sprint
Repeat 1 set each
Cool down with 5-10 minute walk

Week 8
Day 1 5-10 minutes fast walking warmup; Flexibility exercises
Jogging from ¾ to full speed
Distances of ¼-½ mile
30 second rest of slow walking
Repeat 2-3 times

Day 2 Jogging from ¾ to full speed
Distances of ½-1 mile
30-60 second rest of slow walking
Repeat 2-3 times

Day 3 Jogging from ¾ to full speed
Distances of ¼-½ mile
30 second rest of slow walking
Repeat 2-3 times

Agilities

Circles of various diameters of 3 yds, 5 yds, 10 yards clockwise/counterclockwise, forward and backward
¾ to full speed
5-7 reps each direction
1 set of 3-4 reps at 5 yard diameter each direction
Figure 8s with circles of 5 yds, 7 yds, 10 yds
clockwise/counterclockwise, forward and backward
¾ to full speed
1 set of 3-4 reps at 10 yard diameter each direction
1 set of 3-4 reps at 5 yard diameter each direction
Squares of 5, 10 yards (90° angles), clockwise/counterclockwise
¾ to full speed
5-7 reps of 5 yds in each direction
5-7 reps of 10 yds in each direction
Cariacoas of 5, 10, 15, 20 yds in length, right and left direction
4-6 reps each direction and length

Sprints

Increasing to full speed
1 set 20 yds, 30 yds, 50 yds, 70 yds
10-20 second rest period after each sprint
2 sets 10 yds, 20 yds, 40 yds, 60 yds
20-30 second rest period after each sprint
Repeat each set 2 times

Hill work/stairs

Moderate to fast walk
20-30 yards uphill
Walk slowly down
10-30 seconds rest
Repeat 5-10 times
Cool down with 5-10 minute walk

Week 9-10

5-10 minutes fast walking warmup; Flexibility exercises
Jogging; repeat each session
1st distance ½-1 mile
30 sec walk
Repeat 1x
2nd distance 1 mile
30 sec walk
Repeat 2x
3rd distance ½-1 mile
30 sec rest
Repeat 1x

Sprints

Cool down for 5-10 minutes
Increasing to full speed
1 set 20 yds, 30 yds, 50 yds, 70 yds
10-20 second rest period after each sprint
2 sets 10 yds, 20 yds, 40 yds, 60 yds
20-30 second rest period after each sprint
Repeat each set 2 times

Hill work/stairs

Moderate to fast walk
20-30 yards uphill
Walk slowly down
10-30 seconds rest
Repeat 5-10 times
Cool down with 5-10 minute walk