



**TALLGRASS**  
**ORTHOPEDIC &**  
**SPORTS MEDICINE**

## **INTERVAL RUNNING RETURN TO SPORT PROTOCOL**

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**Patient Name:**  
**Date of Surgery:**

### **General Principles:**

The athlete should always perform appropriate warm-up exercises including stretching exercises prior to starting the **Interval Running Program**. The athlete may progress through the Phases of the program as tolerated. The athlete must be able to complete the current Phase without difficulty before progressing to the next Phase. Distances may be adjusted according to athlete's physical condition or sport of choice.

### **Phase I - Jogging: (1/2 speed)**

100 meter jog  
200 meter jog  
400 meter jog

### **Phase II - Distance Running on 400 Meter Track: (3/4 speed)**

Jog the straights then walk the curves  
Jog a straight and curve then walk a straight  
Jog a straight, curve, straight, then walk a curve  
Jog the entire track

### **Phase III - Sprinting: (Full speed)**

100 Meter Build-up - Jog (1/2 speed) 1st 25 meters progress to 3/4 speed next 50 meters, then slow to 1/2 speed for last 25 meters.  
100 Meter Build-up - Jog (3/4 speed) 1st 25 meter progress to full speed next 50 meters, then slow to 3/4 speed for last 25 meters.  
40, 100, 200, 400 meter sprints  
90 degree Z-cuts every 10 meters for 100 meters

## **Phase IV - Sport Specific Training**

### Baseball/ Softball

- Sprint around bases
- Sprint between bases, incorporating stops/slides
- Jump Rope

### Track

- Sprint straights only then incorporate curves
- Distance training
- Sprint from starting blocks
- Hurdles
- Jump Rope

### Basketball

- Half-court, progress to full court sprints
- Half-court, progress to full court back pedal
- Defensive slides/rebounding drills
- Jump Rope

### Football

- 10, 40, 100 yard sprints and back pedals from stance
- 10, 40, 100 yard Carioca
- Running of routes
- Plyometric bounds
- Jump Rope