

## BJC Health

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### Running Programme (Grahame Reid - Australian Hockey)

No progression till pain-free, sensation free completion of preceding stage.  
Run alternate days (footballers). Strength session on other days.

Stage	
1	Warm-up bike, stretch 2 x 10 min jog (slow)
2	Warm-up Jog 2 x 10 fartlek – change in pace only Subtly faster and then slow
3	Warm-up 4 laps 3 x 6 x 80m Run Thrus EZ pace  Cool down 2 laps
4	3 x 6 x 80m Run Thrus Increase Speed
5	3 x 6 x 80m Run Thrus 100%
6	Sport Specific Stage Eg. 2 x 6 x 80m Run Thrus up to 100% and then double accelerations, shuttles, ball pick-ups, agility, lead

Hand time mid 30m

Commence kicking at Stage 4 – similar progressive loading programme

Commence CV conditioning with swimming at Stage 4

Progress Strengthening and Stretching

Follow completion of Stage 6 – return to full training for approx 45 mins, then

next session full training and return to play

For longer term injuries need to add lower limb CV fitness training, will slow progress

Need to continue strength and stretch following return to sport