

Return to running – Hamstring Protocol

Day	Running	Strength/Rehab	Weight	Focus	Notes
	70-80%		KGs		
1	1 x (5 x 90m)	Power Clean 2x3 Snatch 2x3 Push Press 2x3 Incline Bench 3x5 Romanian Deadlift 3x5 Quad Extension 3x5 Knee Flexion 3 x5 TRX – S/L squat, 3x10 Bwd step lunge 3x3 Cursty lunge 3x3 Suspended lunge 3x3 Nordic 3x5 Torture Twist Stretching		Maintain good form and pain free. Powerful Excellent Strength Confident Machine	Power Tempo - Explosive Strength Tempo 4-2-2 Nordics as long as possible Torture Twists Tempo 3, 3 ,3
2	2 x (5 x 90m)	Mobility Jefferson curl dynamic movements balancing work Stretching Bike 25mins		Mobility Stretch Breathing Machine	
3	3 x (5 x 90m)	Power Clean 2x3 Snatch 2 x3 Push Press 2x3 Incline Bench 3x5 Romanian Deadlift 3x5 Quad Extension 3x5 Knee Flexion 3 x5 TRX – S/L squat, 3x10 Bwd step lunge 3x3 Cursty lunge 3x3 Suspended lunge 3x3 Nordic 3x5 Torture Twist Stretching		Maintain good form and pain free. Powerful Excellent Strength Confident Machine	
4	4 x (5 x 90m)	Mobility Jefferson curl dynamic movements balancing work Stretching Bike 25mins		Mobility Stretch Breathing Machine	Slight bent knee (RDL) light load, pain free.
5	Swim/Active Rest Day				
6	5 x (5 x 90m)	Power Clean 2x3 Snatch 2 x3 Push Press 2x3 Incline Bench 3x5 Romanian Deadlift 3x5 Quad Extension 3x5 Knee Flexion 3 x5 TRX – S/L squat, 3x10 Bwd step lunge 3x3 Cursty lunge 3x3 Suspended lunge 3x3 Nordic 3x5 Torture Twist Stretching		Maintain good form and pain free. Powerful Excellent Strength Confident Machine	
7		Mobility Jefferson curl dynamic movements balancing work Stretching Bike 25mins		Mobility Stretch Breathing Machine	Slight bent knee (RDL) light load, pain free.
8	5 x (5 x 90m) or 5 x (5 x 60m)	Power Clean 2x3 Snatch 2 x3 Push Press 2x3 Incline Bench 3x5 Romanian Deadlift 3x5		Maintain good form and pain free. Powerful	

	Introduction of stopping suddenly & Introduction of sideways movement	Quad Extension 3x5 Knee Flexion 3 x5 TRX – S/L squat, 3x10 Bwd step lunge 3x3 Cursty lunge 3x3 Suspended lunge 3x3 Nordic 3x5 Torture Twist Stretching		Excellent Strength Confident Machine	
9	Swim/Rest Day				