

ACL 18 SPRINT PROGRESSION

Sprint Progression 1 - Use Level 3 Dynamic- Strength testing must show 70%+ symmetry					
Yards	Repetitions	Rest	RPE	Start Modifier (optional)	Direction Modifier
20.00	3	walk back	5-6, untimed	Normal Start	Straight Line
40.00	4	walk back	5-6, untimed	2 Belly Starts, 2 lateral false steps	Straight Line
20.00	3	walk back	5-6, untimed	Normal Start	Small Curve
Sprint Progression 2 - Use Level 3 Dynamic					
	Repetitions	Rest	RPE	Start Modifier	Direction Modifier
20.00	4	walk back	5-6, untimed	Normal Start	Straight Line
40.00	3	walk back	5-6, untimed	Belly Starts	Straight Line
60.00	2	walk back	5-6, untimed	Lateral False Step	Straight Line
40.00	3	walk back	5-6, untimed	Belly Starts	Straight Line
20.00	4	walk back	5-6, untimed	Normal Start	Curve
Sprint Progression 3 - Use Level 3 Dynamic					
	Repetitions	Rest	RPE	Start Modifier	Direction Modifier
20.00	3	walk back	5-6, timed	Normal Start	Straight Line
40.00	3	walk back	5-6, timed	Belly Start	Straight Line
60.00	2	walk back	5-6, timed	Lunged Start (switch lead leg each time)	Straight Line
80.00	1	walk back	5-6, timed	Normal Start	Straight Line
60.00	1	walk back	5-6, timed	False Step Back	Straight Line
40.00	1	walk back	5-6, timed	False Step Back	Straight Line
20.00	1	walk back	5-6, timed	Mini Hop	Straight Line
Sprint Progression 4 - Use Level 3 Dynamic					
	Repetitions	Rest	RPE	Start Modifier	Direction Modifier
20.00	2	walk back	5-6, timed	Normal Start	Straight Line
40.00	2	walk back	5-6, timed	Normal Start	Straight Line
60.00	2	walk back	5-6, timed	Lateral false step (Once Each Leg)	Straight Line
80.00	1	walk back	5-6, timed	Mini Hop	Straight Line
60.00	2	walk back	5-6, timed	Step Back (Once with each leg stepping back)	slight curve
40.00	2	walk back	5-6, timed	Lunged (once each way)	slight curve
20.00	2	walk back	5-6, timed	Mini Hop	slight curve
Sprint Progression 5 - Use Level 3 Dynamic - Strength testing must show 80%+ symmetry					
	Repetitions	Rest	RPE	Start Modifier	Direction Modifier
20.00	2	walk back	7-8, timed	Normal Start	Curve
40.00	2	walk back	7-8, timed	Normal Start	Curve
60.00	1	walk back	7-8, timed	Falling Forward	Straight Line
80.00	1	walk back	7-8, timed	Mini hop	Straight Line
60.00	1	walk back	7-8, timed	Mini hop	Straight Line
40.00	1	walk back	7-8, timed	Lateral false step (Once Each Leg)	Straight Line
20.00	2	walk back	7-8, timed	Step Back (Twice on surgical)	Straight Line
Sprint Progression 6 - Use Level 3 Dynamic					
	Repetitions	Rest	RPE	Start Modifier	Direction Modifier
20.00	2	walk back	7-8, timed	Normal Start	Curved
40.00	2	walk back	7-8, timed	Normal Start	Curved
60.00	2	walk back	7-8, timed	Lateral false step (Once Each Leg)	Slalom
80.00	1	walk back	7-8, timed	Belly Start	Straight Line
60.00	1	walk back	7-8, timed	Lunged Start	Straight Line
40.00	1	walk back	7-8, timed	Mini Hop	Straight Line
20.00	1	walk back	7-8, timed	Mini Hop	Straight Line
Sprint Progression 7 - Use Level 3 Dynamic					
	Repetitions	Rest	RPE	Start Modifier	Direction Modifier
20.00	2	5 x time to run the distance	7-8, timed	Normal Start	Curved
40.00	2	5 x time to run the distance	7-8, timed	Lateral false step	Curved
60.00	1	5 x time to run the distance	7-8, timed	Mini Hop	Slalom
80.00	1	5 x time to run the distance	7-8, timed	Mini Hop	Slalom
80.00	1	5 x time to run the distance	7-8, timed	Belly Start	Straight Line
60.00	1	5 x time to run the distance	7-8, timed	Lunged Start	Straight Line
40.00	1	5 x time to run the distance	7-8, timed	Lunged Start	Straight Line
20.00	1	5 x time to run the distance	7-8, timed	Falling Start	Straight Line

Sprint Progression 8 - Use Level 3 Dynamic					
	Repetitions	Rest	RPE	Start Modifier	Direction Modifier
20.00	2	5 x time to run the distance	7-8, timed	Normal Start	Curved
40.00	2	5 x time to run the distance	7-8, timed	Lateral false step (Once Each Leg)	Curved
60.00	2	5 x time to run the distance	7-8, timed	Mini Hop	Slalom
80.00	1	5 x time to run the distance	7-8, timed	Mini Hop	Slalom
60.00	1	5 x time to run the distance	7-8, timed	Belly Start	Straight Line
40.00	2	5 x time to run the distance	7-8, timed	Lunged Start (each leg in front once)	Straight Line
20.00	2	5 x time to run the distance	7-8, timed	Falling Start	Straight Line

Adapted from Lorenz D et al CRITERIA-BASED RETURN TO SPRINTING PROGRESSION FOLLOWING LOWER EXTREMITY INJURY. Int J Sports Phys Ther. 2020

Sprint Progression 9 - Use Level 3 Dynamic - - Strength testing must show 90%+ symmetry					
	Repetitions	Rest	RPE	Start Modifier	Direction Modifier
20.00	3	7 x time to run the distance	9-10, timed	Normal Start	Straight Line
40.00	3	7 x time to run the distance	9-10, timed	Mini Hop	Slalom
60.00	2	7 x time to run the distance	9-10, timed	Lateral false step (Once Each Leg)	Curved
40.00	2	7 x time to run the distance	9-10, timed	Belly Start	Straight Line
20.00	2	7 x time to run the distance	9-10, timed	Lunged Start (each leg in front once)	Straight Line
10.00	2	7 x time to run the distance	9-10, timed	Falling Start	Straight Line

Sprint Progression 10 - Use Level 3 Dynamic					
	Repetitions	Rest	RPE	Start Modifier	Direction Modifier
10.00	3	7 x time to run the distance	9-10, timed	Normal Start	Straight Line
20.00	3	7 x time to run the distance	9-10, timed	Normal Start	curved
40.00	2	7 x time to run the distance	9-10, timed	Normal Start	curved
60.00	2	7 x time to run the distance	9-10, timed	Mini hop	Straight Line
40.00	2	7 x time to run the distance	9-10, timed	Lateral false step (Once Each Leg)	Straight Line
30.00	2	7 x time to run the distance	9-10, timed	Belly Start	Straight Line
20.00	2	7 x time to run the distance	9-10, timed	Lunged Start (each leg in front once)	Straight Line
10.00	2	7 x time to run the distance	9-10, timed	Falling Start	Straight Line

Sprint Progression 11 - Use Level 3 Dynamic					
	Repetitions	Rest	RPE	Start Modifier	Direction Modifier
10.00	3	Adjust to sport demands	9-10, timed	Normal Start	Straight Line
20.00	3	Adjust to sport demands	9-10, timed	Normal Start	Curved
30.00	3	Adjust to sport demands	9-10, timed	Normal Start	Slalom
40.00	3	Adjust to sport demands	9-10, timed	Mini hop	Slalom
60.00	2	Adjust to sport demands	9-10, timed	Lateral false step (Once Each Leg)	Straight Line
30.00	2	Adjust to sport demands	9-10, timed	Belly Start	Straight Line
20.00	2	Adjust to sport demands	9-10, timed	Lunged Start (each leg in front once)	Straight Line
10.00	2	Adjust to sport demands	9-10, timed	Falling Start	Straight Line

Sprint Progression 12 - Use Level 3 Dynamic					
	Repetitions	Rest	RPE	Start Modifier	Direction Modifier
10.00	2	Adjust to sport demands	9-10, timed	Normal Start	Straight Line
20.00	2	Adjust to sport demands	9-10, timed	Normal Start	Curved
30.00	2	Adjust to sport demands	9-10, timed	Normal Start	Curved
40.00	2	Adjust to sport demands	9-10, timed	Normal Start	Curved
60.00	2	Adjust to sport demands	9-10, timed	Mini hop	Straight Line
40.00	2	Adjust to sport demands	9-10, timed	Lateral false step (Once Each Leg)	Straight Line
30.00	2	Adjust to sport demands	9-10, timed	Belly Start	Straight Line
20.00	2	Adjust to sport demands	9-10, timed	Lunged Start (each leg in front once)	Straight Line
10.00	2	Adjust to sport demands	9-10, timed	Falling Start	Straight Line