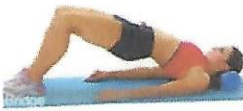




HAMSTRING CATCHES

The leg is allowed to fall and the hamstring muscle catches the leg before it falls to the horizontal. It may take a while to get used to this one. The athlete must stay relaxed as the leg falls under the influence of gravity and only contracts the hamstring muscles to prevent the foot landing.

**3x8 building to 3x12**



BRIDGES

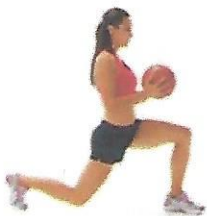
The athlete lies on their back, knees bent and pushes the hips upwards to work the gluteal muscles and hamstrings. Use both feet on the floor pushing up to begin with. Hold the position briefly and then lower. Begin with 3 sets of 8 reps building to 3 sets of 12 reps then progress the exercise to single leg bridges.

**SINGLE LEG BRIDGE ONCE 3x12 BRIDGE IS EASY TO COMPLETE**



SINGLE LEG BALL PICKUP

The athlete places one foot in front of the other and bends down to pick up the medicine ball. They then repeat the movement to put the ball back down. Repeat this 5 to 10 times.



LUNGE WITH BALL

A basic lunge is performed while holding a ball to aid balance. This exercise strengthens the glutes, hamstring muscles and quadriceps muscles. The athlete stands with the injured leg a wide stance in front of the other. Holding a medicine ball close to the chest the weight is shifted onto the front leg and back knee bent dropping it down to the floor.

**3x8 building to 3x12**

IN WEIGHT ROOM:

SEATED LEG CURL } 3x8  
LEG PRESS } 3x12



GOOD MORNING

The athlete bends forwards at the waist keeping the back straight. This also works the hamstrings as they stretch.

3x8 → 3x12



NORWEGIAN LEG CURL

The athlete kneels down while the therapist holds the ankles. They then slowly lean forwards as far as they can under control using the hamstrings to resist the forwards movement.

5-10 reps

### RUNNING PROGRAM

90 meter section of track (30 m acceleration zone, 30 m holding pace, 30 m deceleration zone)  
Run through at comfortable pace – SHOULD FEEL NO PAIN/RESTRICTION IN HAMSTRING –  
if you do you are going too fast or are not ready

Walk back to start

Repeat 4 times

Wait 5 min and do another set of 4

up to 4 sets

ALSO:

LADDER DRILLS

DOT DRILLS