

Calf & Achilles Top Ladder

Continue cross training for fitness. Start each training session from the bottom of the ladder. Do six of stage 1 then six of stage 2 etc. until pain, or loss of rhythm halt the training. Early ladder steps may be cut from six to two repetitions when working at the higher stages. Check that the leg rhythm is equal. Do not gallop. One way to avoid favouring an injured leg is to count from 1 to 9 while running, which sets a rhythm for the legs to follow and allows concentration to move from one leg to another. Matching the feel of the bad leg to the good leg, counting 1, 2; 1, 2 tends to stress any limp. Do stretching exercises between each 100m. Check heel pick up and knee lift are the same height. Stop if any pain lasts for more than 2–30 sec. and do not progress up the ladders if there is loss of rhythm.

12	Fit again. Play again at normal grade.
11	Start play. Begin in easy low-grade match.
10	Shuttle run. 10 x 20 metre wind sprints. Sprint out and back between markers 20 metres apart.
9	Grade 3 sprint. 6 x 100 metres increase rate of acceleration over six repetitions, sprint 50 metres fast stop 25 metres.
8	Grade 2 sprint. 6 x 100 metres. Accelerate over 25 metres sprint 50 metres and decrease the distance required to stop over the six repetitions. Note specialist runners should not use this stage which is for stop/start games.
7	Grade 1 sprint 6 x 100 metres. Accelerate over 25 metres, sprint 50 metres, slow down over 25 metres.
6	6 x 100 metres. Run three quarter speed. Maintain normal stride do not bound.
5	High knee trot. 6 x 100 metres. Keep stride length short, knees raise to horizontal or above Non-sprinters can do 25-30 metres.
4	Run half speed 6 x 100 metres
3	High heels. 6 x 100 metres trot with the heels kicking the back of the buttocks on each stride. This works the hamstring and increase the load on the calf.
2	Extended trot/jog 6 x 100 metres normal jogging
1	Trot 6 x 100 metres small strides barely running like a warm up trot