



## Track & Field

Exertion Phase	Cardio	Balance/Strength	Sports Drills
Phase 1 15-20 minutes	<ul style="list-style-type: none"> <li>• Walking Outside</li> <li>• Treadmill Walking</li> <li>• Stationary Bike</li> <li>• Arm Bike</li> </ul>	<ul style="list-style-type: none"> <li>• Single leg balance</li> <li>• Tandem Stance               <ul style="list-style-type: none"> <li>- (One foot in front of the other)</li> </ul> </li> <li>• Neck Strengthening</li> </ul>	<ul style="list-style-type: none"> <li>• Light Stretching</li> <li>• May walk during practice or PE class</li> </ul>
Phase 2 20-30 Minutes	<ul style="list-style-type: none"> <li>• Walking               <ul style="list-style-type: none"> <li>- Speed/Uphill</li> </ul> </li> <li>• Elliptical</li> <li>• Stairmaster</li> <li>• Swim with kick board</li> <li>• Light Jump rope</li> <li>• Light Jogging</li> </ul>	<ul style="list-style-type: none"> <li>• Core exercises               <ul style="list-style-type: none"> <li>- Minimize head movements</li> <li>Planks, leg lifts</li> </ul> </li> <li>• Body Weight exercises               <ul style="list-style-type: none"> <li>- Lunges, squats, push-ups, step-ups, tricep dips</li> </ul> </li> <li>• Yoga and Pilates               <ul style="list-style-type: none"> <li>- Minimize head movements</li> </ul> </li> <li>• Balance Exercises</li> </ul>	<ul style="list-style-type: none"> <li>• Activities without risk of contact or collision</li> <li>• No activities with multiple balls in the air</li> </ul> <p>Examples:</p> <ul style="list-style-type: none"> <li>- Jog</li> <li>- Slow throwing technique without spins</li> </ul>
Phase 3 30-40 Minutes	<ul style="list-style-type: none"> <li>• Running and Sprinting</li> <li>• Footwork and cutting</li> <li>• Jumping</li> </ul>	<ul style="list-style-type: none"> <li>• Core exercise with head movement               <ul style="list-style-type: none"> <li>- Bicycle crunches, planks with head rotation</li> </ul> </li> <li>• Low weight high repetition lifting</li> <li>• Squats, curls, bench press, lunges</li> <li>• Dynamic warm up               <ul style="list-style-type: none"> <li>- Jogging, high knees</li> </ul> </li> <li>• Jumping exercises               <ul style="list-style-type: none"> <li>- Squat jumps, jumping jacks, box jumps</li> </ul> </li> <li>• Balance exercises               <ul style="list-style-type: none"> <li>- Single leg balance with forward reach to floor</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Sprinters - focus on starts and short distances then advancing</li> <li>• Horizontal jumpers - low intensity jumps advancing as tolerated</li> <li>• High jumpers - low height jumps focusing on landing</li> <li>• Throwers - start with stationary throwing and advance to approach and spins</li> <li>• Vaulters - approach and low intensity/height vaults</li> <li>• Hurdlers - focus on running and sprinting and flexibility</li> </ul>

## Track & Field

Exertion Phase	Cardio	Balance/Strength	Sports Drills
Phase 4 40-60 Minutes	<ul style="list-style-type: none"> <li>Continue Phase 3 Cardio while increasing duration</li> </ul>	<ul style="list-style-type: none"> <li>Advanced core exercises                             <ul style="list-style-type: none"> <li>Burpees, mountain climbers</li> </ul> </li> <li>Higher weight lower repetition lifting</li> <li>Continue Balance Exercises</li> </ul>	<ul style="list-style-type: none"> <li>High jumpers - advance to full effort jumps</li> <li>Vaulters - slowly increase height to full effort</li> <li>Hurdles/Steeple - gradually resume full activity</li> </ul>
Phase 5 > 60 minutes	<ul style="list-style-type: none"> <li>Full practice participation without restrictions</li> </ul>	<ul style="list-style-type: none"> <li>Full practice participation without restrictions</li> </ul>	<ul style="list-style-type: none"> <li>Full practice participation without restrictions</li> </ul>



If headache, dizziness, or any other symptom occurs during the progression, stop exercising, wait 24 hours, then resume activity at the previous symptom free level.