

Hamstring Strengthening (rehab / prehab)

Each stage is determined by feel, not necessarily any specific time table but there are estimates.

Stage 1: Rest / Ice / Heat / DO NOT STRETCH (3 - 7 Days)

Stage 2 (2 - 3 Weeks): Strength building with Isometrics (timed hold), Cardio, Mobility:

1. 15 - 30 minutes of light bike
2. Static Holds
 - a. [Straight leg pulldown](#) (2 x 20 - 45 seconds per leg)
 - b. [Hip Extension with band](#) (2 x 15 - 30 seconds per leg)
 - c. [Curl with band](#) or machine if available (2 x 20 - 45 seconds per leg)
 - d. [Bridge Hold](#) (2 x 20 - 45 seconds)
 - e. [Single Leg Bridge Hold](#) (2 x 10 - 30 seconds per leg)
 - f. [Long Lever Bridge Hold](#) (2 x 10 - 20 seconds)
 - g. [Trunk Extension](#) (with partner) (2 x 20 - 20 seconds)
3. Mobility (all body weight)
 - a. RDL 1-3 x 10
 - b. Step Ups - 1-3 x 10 each leg
 - c. Donkey Kicks 1-3 x 10
 - d. Hip Rotations 1 - 3 x 10
 - e. Donkey Whips 1 - 3 x 10
4. If pain is less than a 3 out of 10, do the following Dynamic Drills
 - a. Marches - 1-3 x 20 meters
 - b. Back Wards Marches 1-3 X 20
 - c. Wind Mills 1-3 x 20 meters
 - d. Walking "Words Best Stretch" 1-3 x 10 meters
5. [Dribble Series](#) x 1-3
 - a. Small dribbles 2 x 20 meters
 - b. Medium dribbles 2 x 20 meters
 - c. Large dribbles 2 x 20 meters

Stage 3: (2-3 Weeks) Continue Strength Building and Mobility. Add Mechanics and light running:

1. Light running
 - a. Jogging 3 - 10 minutes w/ walking breaks as needed.
 - b. Move to faster running as you progress
 - c. Eventually move to straits and curves of faster running (NOT SPRINTING) and jogging curves.
2. Bike workout (20 - 40 Minutes)
 - a. 5 minute warmup (light biking)
 - b. Intervals (5 minutes each) x 2
 - i. Medium/Hard biking x 90 seconds
 - ii. Lighter biking (but not too easy) x 3 minutes and 30 seconds
 - c. 5 - 10 minute cool down (light biking)
3. Strengthening (1 or 2 of the following sets a day. NOT ALL 3)

- a. Set A (Eccentric Strengthening - fast up, slow down)
 - i. Straight leg pulldown (2 x 10 per leg)
 - ii. Hip Extension with band (2 x 6 per leg)
 - iii. Curl with band or on machine if available (2 x 10 per leg)
 - iv. Bridge Hold (2 x 15)
 - v. Single Leg Bridge Hold (2 x 6 per leg)
 - vi. Long Lever Bridge Hold (2 x 6)
 - vii. Trunk Extension (with partner) (2 x 6)
- b. Set B (Weighted Strengthening)
 - i. Trap Dead Lifts (1-4 x 8)
 - ii. Single Leg RDL (1-4 x 8 each leg)
 - iii. Lunch Circuit (Forward x 10m, Side x 10m each leg, Backwards x 10m) x 1-2 sets
- c. Set C (Plyo's / Mobility)
 - i. Pogos for speed (2-3 x 20 seconds)
 - ii. Depth Jumps(2-3 x 8)
 - iii. Body Weight Squats (1-3 x 10)
 - iv. Body Weight Split Squat (1-3 x 10 each leg)
 - v. Low Hurdles Step Overs (trail leg drill) 6 hurdles x 1-4 sets
 - vi. Karate Kids (1-3 x 6)

Stage 4: Return to sub max sprinting (1 - 3 weeks) (UNDER CONSTRUCTION)

1. Light / Medium Sprinting (70 - 95% depending of feel, cautiously increasing intensity)
2. Eccentric Step Ups (up fast, slow down)
3. Good Mornings (up fast, slow down)
4. Karate kids (slow and hold during sprinter statue and T)
5. Ginger breads
6. Depth Jumps
7. Rapid Sprinter Statues

Stage 5: Return to normal work

[Youtube Hamstring Rehab Video](#)