

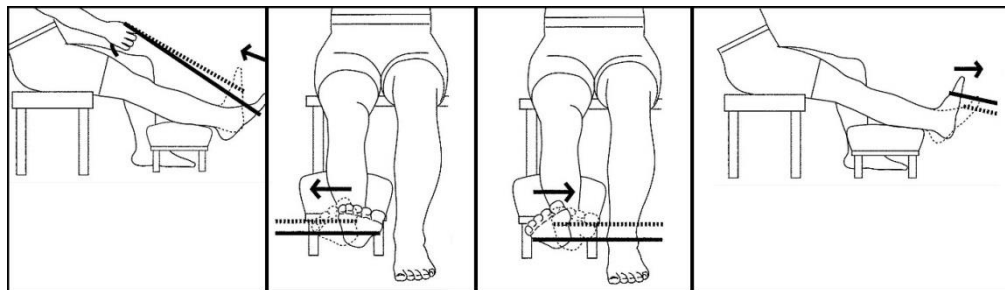
## Cleveland High School Track and Field Long Distance Runner

### Prevention Program

Perform these exercises at least 3 times a week when there are no competitions scheduled and 2 times a week with a competition. Perform 2 sets of 10 repetitions each. For the balance, perform 3 sets of 30 second repetitions each.

#### 1. 4-way ankle

- a. Ankle Plantarflexion – Sit with your legs straight in front of you. Loop one end of the band around the ball of your foot and hold the other end in your hands. Slowly point your toes and press your foot down and slowly return to the starting position.
- b. Ankle Inversion – Sit with your legs straight out in front of you. Loop one end of the band around the ball of your foot. Cross your other leg over top at the ankles. Take the band under the ball of the top foot and up along the leg so you can hold the other end with your hands. Turn your foot in, pulling against the band. Slowly bring the foot back out.
- c. Ankle Eversion – Sit with your legs straight out in front of you. Loop one end of the band around the ball of your foot. Take the band under the ball of your other foot and up along the leg so you can hold the other end with your hands. Turn your foot out, pulling against the band. Slowly bring the foot back in.
- d. Ankle Dorsiflexion – Loop an end of the band over something. Sit with your legs out straight in front of you. Loop the other end around the top of your foot. Pull your toes up toward your head, feeling the band pull against your foot. Slowly ease the foot back.



#### 2. 3-way Calf Raises



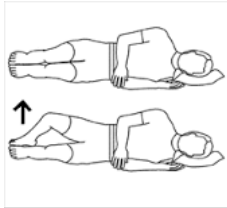
- a. Stand with your feet slightly apart and toes pointed forward. Do 2 sets of 10 repetitions. Turn your feet so your toes are pointed out. Do another 2 sets of 10 repetitions. Turn your feet so your toes are pointed in and do another 2 sets of 10 repetitions.

### 3. Single Leg Balance



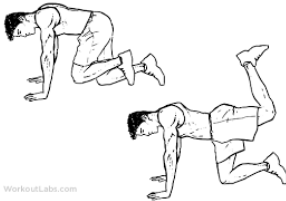
- a. Stand on one leg with the other leg off the ground. Balance on this leg for 30 seconds. Switch legs and repeat. Do 3 sets. To make it harder close your eyes, balance on an uneven surface, or have someone throw a ball to you.

### 4. Clams



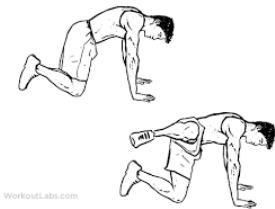
- a. Lie on your side with your knees bent. While keeping your feet together, open your knees like a clam to about a 30 degree angle. Slowly lower your leg. Repeat on the other leg by lying on the other side. Once strong enough wrap a resistance band above your knees.

### 5. Donkey Kicks



- a. Start on your hands and knees. While keeping your knee bent, push your leg back behind you and into the air until your body is flat. Slowly lower your leg back down to the ground. Repeat on the other leg. Once strong enough wrap a resistance band around the involved knee and the uninvolved ankle.

### 6. Fire Hydrants



- a. Start on your hands and knees. While keeping your knee bent and your hips level, bring your leg up to the side. Do not rotate your hips. Slowly lower your leg back down to the ground. Repeat on the other leg. Once strong enough wrap a resistance band around the involved knee and the uninvolved ankle.