

Track and Field Specific Exercise Progression

Name of Athlete: _____

Date symptom-free: _____

	EXERCISE	DATE	COMPLETED / COMMENTS	
Stage 1	<p><i>Goal is to reach 30-40% of maximum heart rate</i></p> <p>Walking at 2.5 mph or Riding a stationary bike for 20-30 minutes.</p>		YES NO	<i>Supervisor's initials</i>
Stage 2	<p><i>Goal is to reach 40-60% of maximum heart rate</i></p> <p>Jogging (medium pace) specific to event for 20-30 minutes, ie. 200x, 400x, 800x, etc Sit-ups X 25; push-ups X 20; lunge walks X 20</p>		YES NO	<i>Supervisor's initials</i>
Stage 3	<p><i>Goal is to reach 60-80% of maximum heart rate</i></p> <p>Active dynamic warm-up for 20 minutes: to include lunge walks, butt kicks, skips, high knees, turn overs. *Running: (fast pace) specific to event for 20-30 minutes, ie. 200x, 400x, 800x, etc. No block starts. *Field Event: specific to event for 20-30 minutes. No full body rotation spins, high jump or pole vaulting.</p>		YES NO	<i>Supervisor's initials</i>
Stage 4	<p><i>Goal is to reach 80% of maximum heart rate</i></p> <p>Active dynamic warm-up for 20 minutes: to include lunge walks, butt kicks, skips, high knees, turn overs. *Running: (fast pace) specific to event for 20-30 minutes, ie. 200x, 400x, 800x, etc. Incorporate block starts. *Field Event: specific to event for 20-30 minutes. No high jump or pole vaulting.</p>		YES NO	<i>Supervisor's initials</i>
	<i>Return for final office visit for clearance</i>			
Stage 5	<p><i>Goal is to reach full exertion.</i></p> <p>Participate in full practice.</p>		YES NO	<i>Supervisor's initials</i>
Stage 6	<p><i>Goal is to reach & maintain full exertion.</i></p> <p>Resume full participation in competition.</p>		YES NO	<i>Supervisor's initials</i>