

Blank Log Forms

Log Form I: Group 2 ICE Log

Log Form C: Stretch/Mobilization Cycles

Log Form M: Maintain Mobility

Log Form B: Basic Closed-Chain

Log Form R: Regional Closed-Chain

Log Form S: Base Schedule, Levels 0-8

Log Form I: Group 2 ICE Log

Phase #	Starting DAY/DATE:	Number of ICE Days:
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[illegible][illegible]

Log Form C: Stretch/Mobilization Cycles

DAY/DATE:	Days since <i>last day you ran</i> :
PHASE #	Days in this Phase:
AFFECTED SIDE:	AFFECTED REGION(S):

[illegible]

Log Form M: Maintain Mobility

DAY/DATE	Days since <i>last day you ran</i> :
PHASE #	Days in this Phase:

Stretch/Mobilization Cycles		Left		Right		Symmetry	
Enter your exercise list from <i>Self-Assessment</i>		Pain (0-10)	Stiffness / Tenderness (0-5)	Pain (0-10)	Stiffness / Tenderness (0-5)	No	Yes
Set 1	Stretch #						
	<i>Self-Mobs</i>						
Set 2	Stretch #						
	<i>Self-Mobs</i>						
Set 3	Stretch #						
	<i>Self-Mobs</i>						
Set 4	Stretch #						
	<i>Self-Mobs</i>						
Set 5	Stretch #						
	<i>Self-Mobs</i>						
Set 6	Stretch #						
	<i>Self-Mobs</i>						
Set 7	Stretch #						
	<i>Self-Mobs</i>						
Set 8	Stretch #						
	<i>Self-Mobs</i>						
Set 9	Stretch #						
	<i>Self-Mobs</i>						
Set 10	Stretch #						
	<i>Self-Mobs</i>						
Set 11	Stretch #						
	<i>Self-Mobs</i>						
Set 12	Stretch #						
	<i>Self-Mobs</i>						
Set 13	Stretch #						
	<i>Self-Mobs</i>						

Log Form B: Basic Closed-Chain

DAY/DATE	Days since <i>last day you ran</i> :
PHASE 3, Part#	Days in this Phase
AFFECTED SIDE and REGION(S)	

Basic Closed-Chain Exercise	CC#1 Square Hops		CC#2 Side Step-Down		CC#3 One-Leg Armswings, Barefoot		CC#4 One-Leg Armswings, 1 Pillow	
Target Time	20 sec		20 sec		15 sec		30 sec	
Rest Between Sets	10 sec		0		0		0	
Set Times	Left	Right	Left	Right	Left	Right	Left	Right
1								
2								
3								
4								
5								
Total								
Avg Set Time								
L/R Difference								
Symmetry Goal	1 sec		1 sec		1 sec		2 sec	
Max Pain (0-10)	L:	R:	L:	R:	L:	R:	L:	R:
NOTES:								

DAY/DATE	Days since <i>last day you ran</i> :	Days in this Phase:
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Basic Closed-Chain Exercise	CC#5 Barefoot Push-Up		CC#6 Quick Steps		CC#7 Weighted Kickback		CC#8 Box Step Up and Over	
Target Time	15 sec		20 sec		60 sec		60 sec	
Rest Between Sets	0		10 sec		0		0	
Set Times	Left	Right	Both Legs ^(A)		Left	Right	Left	Right
1								
2								
3								
4								
5								
Total								
Avg Set Time								
L/R Difference								
Symmetry Goal	1 sec				3 sec		3 sec	
Max Pain (0-10)	L:	R:	L:	R:	L:	R:	L:	R:
NOTES:								

^(A) See Instructions line 9: *Special Instructions for Quick Steps*

Log Form R: Regional Closed-Chain

DAY/DATE:	Days since <i>last day you ran</i> :
PHASE (3 or 4):	Days in this Phase:
Injury Region(s) and Side:	

Regional Closed-Chain Exercise (number and name)	CC#		CC#		CC#		CC#	
Symmetry Target								
Rest Between Sets								
Final Target								
Build pace as:								
Set Times	Left	Right	Left	Right	Left	Right	Left	Right
1								
2								
3								
4								
5								
Total								
Avg Set Time								
L/R Difference								
Symmetry Goal	sec		sec		sec		sec	
Max Pain (0-10)	L:	R:	L:	R:	L:	R:	L:	R:
NOTES:								
FOOTNOTES:								

DAY/DATE:	Days since <i>last day you ran</i> :	Days in this Phase:
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Regional Closed-Chain Exercise (number and name)	CC#		CC#		CC#		CC#	
Symmetry Target								
Rest Between Sets								
Final Target								
Build pace as:								
Set Times	Left	Right	Left	Right	Left	Right	Left	Right
1								
2								
3								
4								
5								
Total								
Avg Set Time								
L/R Difference								
Symmetry Goal	sec		sec		sec		sec	
Max Pain (0-10)	L:	R:	L:	R:	L:	R:	L:	R:
NOTES:								
FOOTNOTES:								

Log Form S: Base Schedule
Level 0 (Groups 1B, 2A and 2B Only)

Starting Day/Date:		Days since <i>last day you ran</i> (on starting day):			
Target Days per week (3, 4, 5)		Clearance date:			
	Activity	Type	Repetitions	Duration	Total Time
Warmup	Fitness walk				10 min
Base Schedule	Fitness walk				50 min
Cooldown	Fitness walk				5 min

	Day/Date	Day/Date	Day/Date	Day/Date	Day/Date
Week 1	/	/	/	/	/
Pain (0-10)					
Notes:					
Week 2	/	/	/	/	/
Pain (0-10)					
Notes:					
Week 3	/	/	/	/	/
Pain (0-10)					
Notes:					
Week 4	/	/	/	/	/
Pain (0-10)					
Notes:					

Log Form S: Base Schedule

Level 1

Starting Day/Date:			Days since <i>last day you ran</i> (on starting day):		
Target Days per week (3, 4, 5)			Clearance date:		
	Activity	Type	Repetitions	Duration	Total Time
Warmup	Fitness Walk				10 min
Base Schedule (Table 15-4A)	Walk/glide sets	Glide 1min/walk 4 min	10		50 min
	10 Glide Drills:	Drill #1	2	15 sec	
		Drill #2	2	15 sec	
		Drill #3	2	15 sec	
		Drill #4	2	15 sec	
		Drill #5	2	15 sec	
Cooldown	Fitness Walk				5 min

	Day/Date	Day/Date	Day/Date	Day/Date	Day/Date
Week 1	/	/	/	/	/
Pain (0-10)					
Drills/Form					
Notes:					
Week 2	/	/	/	/	/
Pain (0-10)					
Drills/Form					
Notes:					
Week 3	/	/	/	/	/
Pain (0-10)					
Drills/Form					
Notes:					
Week 4	/	/	/	/	/
Pain (0-10)					
Drills/Form					
Notes:					

Log Form S: Base Schedule Level 2

Starting Day/Date:		Days since <i>last day you ran</i> (on starting day):			
Target Days per week (3, 4, 5)		Clearance date:			
	Activity	Type	Repetitions	Duration	Total Time
Warmup	Fitness Walk				10 min
Base Schedule (Table 15-4B)	Walk/glide sets	Glide 2 min/walk 3 min	10		50 min
	15 Glide Drills:	Drill #1	3	15 sec	
		Drill #2	3	15 sec	
		Drill #3	3	15 sec	
		Drill #4	3	15 sec	
		Drill #5	3	15 sec	
Cooldown	Fitness Walk				5 min

	Day/Date	Day/Date	Day/Date	Day/Date	Day/Date
Week 1	/	/	/	/	/
Pain (0-10)					
Drills/Form					
Notes:					
Week 2	/	/	/	/	/
Pain (0-10)					
Drills/Form					
Notes:					
Week 3	/	/	/	/	/
Pain (0-10)					
Drills/Form					
Notes:					
Week 4	/	/	/	/	/
Pain (0-10)					
Drills/Form					
Notes:					

Log Form S: Base Schedule
Level 3

Starting Day/Date:			Days since <i>last day you ran</i> (on starting day):		
Target Days per week (3, 4, 5)			Clearance date:		
	Activity	Type	Repetitions	Duration	Total Time
Warmup	Fitness Walk				10 min
Base Schedule (Table 15-4C)	Walk/glide sets	Glide 3 min/walk 2 min	10		50 min
	15 Glide Drills:	Drill #1	3	15 sec	
		Drill #2	3	15 sec	
		Drill #3	3	15 sec	
		Drill #4	3	15 sec	
		Drill #5	3	15 sec	
Cooldown	Fitness Walk				5 min

	Day/Date	Day/Date	Day/Date	Day/Date	Day/Date
Week 1	/	/	/	/	/
Pain (0-10)					
Drills/Form					
Notes:					
Week 2	/	/	/	/	/
Pain (0-10)					
Drills/Form					
Notes:					
Week 3	/	/	/	/	/
Pain (0-10)					
Drills/Form					
Notes:					
Week 4	/	/	/	/	/
Pain (0-10)					
Drills/Form					
Notes:					

Log Form S: Base Schedule

Level 4

Starting Day/Date:			Days since <i>last day you ran</i> (on starting day):		
Target Days per week (3, 4, 5)			Clearance date:		
	Activity	Type	Repetitions	Duration	Total Time
Warmup	Fitness Walk				10 min
Base Schedule (Table 15-4D)	Walk/glide sets	Glide 4 min/walk 1 min	10		50 min
	15 Glide Drills:	Drill #1	3	15 sec	
		Drill #2	3	15 sec	
		Drill #3	3	15 sec	
		Drill #4	3	15 sec	
		Drill #5	3	15 sec	
Cooldown	Fitness Walk				5 min

	Day/Date	Day/Date	Day/Date	Day/Date	Day/Date
Week 1	/	/	/	/	/
Pain (0-10)					
Drills/Form					
Notes:					
Week 2	/	/	/	/	/
Pain (0-10)					
Drills/Form					
Notes:					
Week 3	/	/	/	/	/
Pain (0-10)					
Drills/Form					
Notes:					
Week 4	/	/	/	/	/
Pain (0-10)					
Drills/Form					
Notes:					

Log Form S: Base Schedule
Level 5

Starting Day/Date:			Days since <i>last day you ran</i> (on starting day):		
Target Days per week (3, 4, 5)			Clearance date:		
	Activity	Type	Repetitions	Duration	Total Time
Warmup	Fitness Walk				10 min
Base Schedule (Table 15-4E)	Glides	50-minute glides			50 min
	15 Glide Drills:	Drill #1	3	15 sec ea	
		Drill #2	3	15 sec ea	
		Drill #3	3	15 sec ea	
		Drill #4	3	15 sec ea	
		Drill #5	3	15 sec ea	
Cooldown	Fitness Walk				5 min

	Day/Date	Day/Date	Day/Date	Day/Date	Day/Date
Week 1	/	/	/	/	/
Pain (0-10)					
Drills/Form					
Notes:					
Week 2	/	/	/	/	/
Pain (0-10)					
Drills/Form					
Notes:					
Week 3	/	/	/	/	/
Pain (0-10)					
Drills/Form					
Notes:					
Week 4	/	/	/	/	/
Pain (0-10)					
Drills/Form					
Notes:					

Log Form S: Base Schedule
Level 6

Starting Day/Date:			Days since <i>last day you ran</i> (on starting day):			
Target Days per week (3, 4, 5)			Clearance date:			
	Activity	Type	Reps	A. Fitness Runners	B. Racers	Total Time
Warmup	Fitness Walk					10 min
Base Schedule (Table 16-2)	Glides	50-min. glides				50 min
	9 Acceleration Drills:	Drill #1	3	30 sec each	Build to 90 sec each	
		Drill #2	3			
		Drill #3	3			
Cooldown	Fitness Walk					5 min
Mental Focus Statement:						

	Day/Date	Day/Date	Day/Date	Day/Date	Day/Date
Week 1	/	/	/	/	/
Pain (0-10)					
Drills/Form					
Notes:					
Week 2	/	/	/	/	/
Pain (0-10)					
Drills/Form					
Notes:					
Week 3	/	/	/	/	/
Pain (0-10)					
Drills/Form					
Notes:					
Week 4	/	/	/	/	/
Pain (0-10)					
Drills/Form					
Notes:					

Log Form S: Base Schedule
Level 7

Starting Day/Date:			Days since <i>last day you ran</i> (on starting day):			
Target Days per week (3, 4, 5)			Clearance date:			
	Activity	Type	Reps	A. Fitness Runners	B. Racers	Total Time
Warmup	Fitness Walk					10 min
Base Schedule (Table 16-3)	Glides	50-min. glides				50 min
	6 Hill Drills:	Uphill Drill	3	90 sec each	Build to 4.5 min each	
		Downhill Drill	3	90 sec each	Build to 4.5 min each	
Cooldown	Fitness Walk					5 min
Mental Focus Statement:						

	Day/Date	Day/Date	Day/Date	Day/Date	Day/Date
Week 1	/	/	/	/	/
Pain (0-10)					
Drills/Form					
Notes:					
Week 2	/	/	/	/	/
Pain (0-10)					
Drills/Form					
Notes:					
Week 3	/	/	/	/	/
Pain (0-10)					
Drills/Form					
Notes:					
Week 4	/	/	/	/	/
Pain (0-10)					
Drills/Form					
Notes:					

Log Form S: Base Schedule
Level 8

Starting Day/Date:			Days since <i>last day you ran</i> (on starting day):			
Target Days per week (3, 4, 5)			Clearance date:			
	Activity	Type	Reps	A. Fitness Runners	B. Racers	Total Time
Warmup	Fitness Walk					10 min
Base Schedule (Table 17-1)	Glides	50-min. glides				50 min
	12 Plyometric Drills:	Drill #1	3	15 sec each	Build to 45 sec each	
		Drill #2	3			
		Drill #3	3			
		Drill #4	3			
	10 Glide Drills	5 glide drills	2 each	15 sec each	15 sec each	
Cooldown	Fitness Walk					5 min
Mental Focus Statement:						

	Day/Date	Day/Date	Day/Date	Day/Date	Day/Date
Week 1	/	/	/	/	/
Pain (0-10)					
Drills/Form					
Notes:					
Week 2	/	/	/	/	/
Pain (0-10)					
Drills/Form					
Notes:					
Week 3	/	/	/	/	/
Pain (0-10)					
Drills/Form					
Notes:					
Week 4	/	/	/	/	/
Pain (0-10)					
Drills/Form					
Notes:					