

WEEKLY WORKOUT PLANNER

	Eccentric Loading	Decline Board Squat (eccentric) 3 sets x 15 Single-Leg Decline Squat (slow) 3 sets x 10 Seated Knee Extension (slow lower) 3 sets x 12 Quad Stretch (standing) 3 sets x 45s Ice Therapy post-session 1 sets x 15 min
	Hip & Glute Base	Single-Leg Glute Bridge 3 sets x 15 Romanian Deadlift (BW) 3 sets x 12 Clamshells (resistance band) 3 sets x 20 Hip Flexor Stretch (kneeling) 3 sets x 45s Foam Roll - Quads & TFL 2 sets x 90s
	Tendon Load Management	Isometric Wall Sit (pain relief) 5 sets x 45s Decline Squat (bilateral) 3 sets x 15 Seated Calf Raises 3 sets x 20 Stationary Cycling (low res.) 1 sets x 20 min Patellar Tendon Stretch 3 sets x 30s
	Rest & Mobility	Foam Roll - IT Band & Quads 2 sets x 90s Pigeon Pose (hip opener) 3 sets x 45s Ankle Mobility Drill 2 sets x 10

		Light Walking (flat surface) 1 sets x 15 min
	Strength Progression	Single-Leg Decline Squat (weighted) 3 sets x 10 Step-Downs (8-inch step, eccentric) 3 sets x 10 Leg Press (0-60°, slow lower) 3 sets x 12 Nordic Hamstring Curl 3 sets x 8 Ice + Compression post-session 1 sets x 15 min
	Low-Impact Cardio	Elliptical (forward only) 1 sets x 25 min Pool Walking / Aqua Jogging 1 sets x 15 min Calf & Achilles Stretch 3 sets x 30s Quad & Hip Flexor Stretch 3 sets x 30s
	Full Rest	Ice Therapy (knee) 2 sets x 15 min Mindful Breathing / Relaxation 1 sets x 10 min Gentle Ankle Circles 2 sets x 10

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