

# EXERCISE LOG

Track your fitness and strength training progress.

**GOALS:** Eliminate anterior knee pain by strengthening the VMO, glutes, and hip stabilizers to correct patellar tracking and return to pain-free running.

## Phase 1 (Wk 1-2): VMO Activation

WEIGHT: \_\_\_\_\_ SLEEP (hrs): \_\_\_\_\_ CALORIES: \_\_\_\_\_ DAY: Mo Tu We Th Fr Sa Su

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
VMO Isometric Squeeze (rolled towel)	3	15	BW	30s	15	Hold 5s, feel inner quad
Terminal Knee Extension (band)	3	15	Light	30s	15	Band behind knee
Short Arc Quad Extension	3	15	BW	30s	15	Towel under knee, 0-30°
Straight Leg Raises	3	12	BW	30s	12	Lock knee before lifting
Seated Calf Raises	3	20	BW	20s	20	Slow & controlled

## Phase 1 (Wk 1-2): Hip & Glute Base

WEIGHT: \_\_\_\_\_ SLEEP (hrs): \_\_\_\_\_ CALORIES: \_\_\_\_\_ DAY: Mo Tu We Th Fr Sa Su

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Clamshells (resistance band)	3	15	Light	30s	15	Keep pelvis still
Side-Lying Hip Abduction	3	15	BW	30s	15	Slow & controlled
Glute Bridges	3	15	BW	30s	15	Hold 2s at top
Prone Hip Extension	3	12	BW	30s	12	Squeeze glute at top
IT Band & Hip Flexor Stretch	3	30s	-	15s	30s	Each side

## Phase 2 (Wk 3-4): Closed-Chain Strength

WEIGHT: \_\_\_\_\_ SLEEP (hrs): \_\_\_\_\_ CALORIES: \_\_\_\_\_ DAY: Mo Tu We Th Fr Sa Su

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Wall Squats (0-45°)	3	12	BW	45s	12	Knees track over toes
Step-Ups (4-inch step)	3	10	BW	45s	10	Each leg, slow descent
Lateral Band Walks	3	15	Light	30s	15	Each direction
Single-Leg Glute Bridge	3	12	BW	30s	12	Each leg
Quad & Hip Flexor Stretch	3	30s	-	15s	30s	Each side

## Phase 2 (Wk 3-4): Balance & Proprioception

WEIGHT: \_\_\_\_\_ SLEEP (hrs): \_\_\_\_\_ CALORIES: \_\_\_\_\_ DAY: Mo Tu We Th Fr Sa Su

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Single-Leg Balance (firm surface)	3	30s	BW	20s	30s	Eyes open, then closed
Single-Leg Balance (foam pad)	3	20s	BW	20s	20s	Progress when stable
Step-Downs (4-inch step)	3	10	BW	45s	10	Slow eccentric, each leg

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Hip Hinge (Romanian Deadlift)	3	12	BW	45s	12	Flat back, hinge at hips
Standing Hip Abduction (band)	3	15	Light	30s	15	Each leg

### Phase 3 (Wk 5-6): Eccentric Loading

WEIGHT: \_\_\_\_\_ SLEEP (hrs): \_\_\_\_\_ CALORIES: \_\_\_\_\_ DAY: Mo Tu We Th **Fr** Sa Su

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Eccentric Step-Downs (6-inch step)	3	10	BW	60s	10	3s descent, each leg
Bulgarian Split Squat	3	10	BW	60s	10	Each leg, 0-60° only
Nordic Hamstring Curl	3	8	BW	60s	8	Slow eccentric
Single-Leg Press (machine)	3	12	Moderate	60s	12	0-60° range
Foam Roll - IT Band & Quads	2	60s	-	30s	60s	Each side

### Phase 4 (Wk 7-8): Return to Running Prep

WEIGHT: \_\_\_\_\_ SLEEP (hrs): \_\_\_\_\_ CALORIES: \_\_\_\_\_ DAY: Mo Tu We Th Fr **Sa** Su

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Walk-Run Intervals (1:1 ratio)	6	1 min each	-	-	1 min each	Flat surface only
Lateral Hops (low amplitude)	3	10	BW	45s	10	Land softly each rep
Forward Lunge	3	10	BW	45s	10	Each leg, controlled
Stationary Cycling	1	20 min	Moderate	-	20 min	Warm-up / cool-down
Calf & Achilles Stretch	3	30s	-	15s	30s	Each side

### Active Recovery

WEIGHT: \_\_\_\_\_ SLEEP (hrs): \_\_\_\_\_ CALORIES: \_\_\_\_\_ DAY: Mo Tu We Th Fr Sa **Su**

EXERCISES	SETS	REPS	WT	REST	TIME	NOTES
Foam Roll - Quads, IT Band, Calves	1	90s	-	-	90s	Each muscle group
Hip Flexor Stretch	3	30s	-	15s	30s	Each side
Supine Knee-to-Chest Stretch	2	30s	-	15s	30s	Each leg
Light Walking	1	15 min	-	-	15 min	Flat surface, easy pace

\*1 RM = 1 One Rep Max (for reference)

\*\*Intensity: L/M/V = Light/Moderate/Vigorous or E/M/H = Easy/Medium/Hard

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