ARCFORM

Hamstring plan

Keep your hamstrings going all season.

Goal	Build up your hamstring strength, then get stronger in the lengthened, explosive positions a sprint puts you in.
How often	Twice a week, on days your legs feel fresh. Never in the 48 hours before a game.
Equipment	Band, step, towel, a partner, or something heavy to hook your heels under
Warm-up	2 minutes of skips or jogging on the spot.

The session

1 The extender — 2 × 8 each leg

Hold your thigh up with both hands and straighten the knee until you feel a strong stretch.

2 Banded leg pulses — 2 × 10 each leg

On your back, band round your foot, ends held in your hands. Pull your straight leg up towards your face, then quick small drops away and back.

3 Single-leg Romanian deadlift — 3 × 6 each leg

Three seconds down into the stretch, then drive back up fast.

4 Long-lever bridge — 3 × 6

Heels up on a step, legs nearly straight, drive your hips up fast.

5 Nordic curl — 2 × 4 to start

Heels held by a partner or hooked under something heavy, never a band. Hips straight, lower as slowly as you can, catch yourself with your hands.

6 Slider curl — 2 × 8

Hips up, heels on a towel, slide them out slowly.

Too hard or too easy?

- The extender. Too hard: hold your thigh lower. Too easy: 3 × 8, then a 2-second pause at the top.
- Banded leg pulses. Too hard: take the band off. Too easy: bigger drops, then a stronger band.
- Single-leg Romanian deadlift. Too hard: back toe on the floor. Too easy: a bottom pause, then a band.
- Long-lever bridge. Too hard: heels on the floor. Too easy: one leg, then 3 seconds down.
- Nordic curl. Too hard: catch it earlier. Too easy: 3 × 4 in weeks 3-4, then 3 × 5, then lower further.
- Slider curl. Too hard: smaller slide. Too easy: 3 seconds out, then one leg.
- Step up when every rep is clean two sessions running. Step down if you lose form or it hurts.