

CHICAGO BEARS POOL REPORT

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The Sports Xchange

The Chicago Bears went through a light practice Monday that lasted an hour, getting their first outdoor workout since before the NFC Championship Game against New Orleans.

All players on the active roster took part, including wide receiver Mark Bradley, who missed the game against the Saints because of an injured ankle. Bradley, the team's No. 4 wideout, also missed six games during the regular season, most of them in October. He appeared to be running and cutting without difficulty.

"He looked good," said Bears coach Lovie Smith. "He should be fine and ready to play. Both ankles looked the same to me."

Smith said he installed about 85 percent of the game plan during indoor workouts last week at the team's facility in Lake Forest, Ill. The players had the weekend off.

Nonetheless, Smith called it a "great workout," adding, "Wednesday, we'll be on a regular routine, so now we know exactly where to go, the routine and all of that. And we got some good work done."

"It's just the first day to a great week. Everything we wanted to get accomplished today, we were able to do."

The practice, about half of which was devoted to various 11-on-11 segments in shells, was conducted with a 40-second play clock. Smith said that was routine procedure for the Bears, "to try to simulate the game as much as possible."

But, he said, it was difficult to simulate the pace and accuracy of the Colts' offense for his defensive players.

"Only one team, the Colts, can run it like that, and especially with what Peyton Manning does, but we want to get as close to it as possible," Smith said.