Return to Running Program—Post-Injury

Guidelines: The following guidelines need to be followed to ensure an optimal outcome of the progressive running program.

1. Initially, you will start with a run/walk program and then progress to a running only program
2. Cross-train with non-impact activities on the "off-days"
3. **REST** one to two days per week
4. Integrate **core strengthening** exercises into your running program
5. Initially, start running approx. 1-2 mins./mile than your pre-injury pace without loosing proper form
6. **LISTEN TO YOUR BODY!** If you have pain, stop for that day. At your next schedule run, return **back** to the last "successful" run that you had without pain

Day (Weeks 1 & 2)	Walk (Minutes)	Run (Minutes)	Repeat	Total Time
1	10	5	2x	30
2	8	4	3x	36
3	5	5	3x	30
4	4	6	3x	30
5	3	7	3x	30
6	2	8	3x	30
7	2	10	3x	36

Day (Weeks 3 & 4)	Run (Minutes)	Walk (Minutes)	Run (Minutes)	Total Time
1	15	2	15	32
2	18	2	12	32
3	20	2	10	32
4	20	5	10	35
5	25	-	-	25
6	25	5	5	35
7	25	-	-	25

Week ↓ / Day →	1	2	3	4	5	6	7
5	30	---	30	---	30	---	35
6	---	30	---	35	---	35	---
7	35	---	30	---	35	---	35
8	---	35	---	40	---	35	---

At this point, increase your distance by increasing EITHER **intensity** or **time**

- Intensity Increase: Repeat weeks 5-8. Increase pace by 15-20 sec/mile every other week.
- Time Increase: Progress to weeks 9-12

Week ↓ / Day →	1	2	3	4	5	6	7
9	35	---	40	---	40	35	---
10	---	40	35	---	40	---	40
11	---	45	30	---	40	---	45
12	---	45	---	40	---	45	35