



Return to Running Program

A Progressive Rehabilitation Guide

Things to consider before you begin the program:

- What was your injury?
- Where are you in the recovery process from the injury and do you have any current limitations caused by the injury?
- What are your goals?
 - What type of running do you wish to get back to?
 - Do you have an understanding of the training routines for your desired goal?
 - Do you have a date/time limit in which you "need" to be better by?
 - What demands does your body need to withstand your ideal goal?
- Have you been cleared to return to running by Dr. Chahla and his team?

Soreness Rules: *your guide to a safe rate of progression*

During Activity		After Activity	
Criteria	Action	Criteria	Action
Soreness during warm-up that goes away	Stay at the level that led to soreness. Do not progress until soreness subsides.	Soreness that day after that appears to be muscle soreness	Continue to progress.
Soreness during warm-up that continues	Take 2 days off. Drop down 1 activity level.	Soreness the day after, but not muscle soreness	Take 1 day off. Do not advance if joint pain/swelling develops.
Soreness that gradually develops and worsens during activity	Stop activity if symptoms are not relieved with a rest break Take 2 days off. Drop down 1 activity level.	Soreness that wakes you up	You are doing too much. Recommend total rest until symptom free. Upon return, decrease activity to previous level and keep low intensity.



Program Guide

Phase 1: *Walking*

Program

Walk aggressively (4.2-5.2 mph) in a controlled setting (treadmill or flat, even outdoor surface)

Follow Soreness Rules outlined above.

Progression Criteria

- Be able to complete this program without setbacks.
- Remain pain free.

Phase 2: *Plyometrics*

Program

<i>Exercise</i>	<i>Sets</i>	<i>Foot Contacts Per Set</i>	<i>Total Contacts</i>
Two Leg Hops in place	3	30	90
Two Leg Hops forward/backward	3	30	90
Two Leg Hops side-to-side	3	30	90
Single Leg Hops in place	3	20	60
Single Leg Hops forward/backward	3	20	60
Single Leg Hops side-to-side	3	20	60
Single Leg broad jump	4	5	20

One mile typically consists of 1500 foot contacts (750 per foot)

Follow Soreness Rules outlined above.

Rest Intervals:

- Between sets: 90 seconds
- Between exercises: 3 minutes

Progression Criteria

- Be able to complete this program without setbacks.
- Remain pain free.



Phase 3: *Walk/Jog Progression*

Program

	Walk	Jog	Reps	Total Time
<i>Stage I</i>	5 mins.	1 min.	5x	30 mins.
<i>Stage II</i>	4 mins.	2 mins.	5x	30 mins.
<i>Stage III</i>	3 mins.	3 mins.	5x	30 mins.
<i>Stage IV</i>	2 mins.	4 mins.	5x	30 mins.
<i>Stage V</i>	<ul style="list-style-type: none">• Jog every other day with a goal of reaching 30 consecutive minutes of walking, gradually increasing the pace.• End with 5 minutes of walking, gradually decreasing the pain to a comfortable walk.• Follow Soreness Rules outlined above.			

Progression Criteria

- Be able to complete this program without setbacks.
- Remain pain free.

Phase 4: *Timed Running Schedule*

Program

Rules to Follow:

- Begin running program on a flat, giving surface before different terrain.
- Follow Soreness Rules outlined above.
- Increase the intensity (how fast) you run *before* increasing the duration (how long) of a run.
- When you increase the frequency of workouts, decrease the duration.
- If you make increases in the first few weeks, make them *after* a day of rest.
- **10% Rule: Only increase the weekly mileage by 10% of previous week.**

Progression Criteria

- Be able to complete this program without setbacks.
- Remain pain free.



Intermediate Program

Program

Designed for runners who are restarting a training program or recovering from an injury/illness that has significantly limited their weight bearing activity for 4+ weeks.

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Week 1	30 min.		30 min.		30 min.		35 min.
Week 2		30 min.		30 min.		35 min.	
Week 3	35 min.		30 min.		35 min.		35 min.
Week 4		35 min.		40 min.		35 min.	
Week 5	35 min.		40 min.		40 min.		35 min.
Week 6		40 min.		40 min.		40 min.	
Week 7	45 min.		40 min.		40 min.		45 min.
Week 8		45 min.		40 min.		45 min.	30 min.

Run multiple days in a row after 8 weeks

Week 9		45 min.	35 min.		45 min.	40 min.	
Week 10	45 min.	45 min.		45 min.	45 min.	30 min.	
Week 11	45 min.	45 min.	35 min.		45 min.	45 min.	40 min.
Week 12		45 min.	45 min.	45 min.		45 min.	45 min.

Use "off days" for total rest or active rest by cross training.

**Note: These times are based on a pace between 8-9 minutes per mile.*

Progression Criteria

- Be able to complete this program without setbacks.
- Remain pain free.
- Continue to follow Soreness Rules outlined above.



Advanced Program

Program

Designed for runners who are recovering from a soft tissue injury, which has forced them to cross train for 4+ weeks.

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Week 1	30 min.		30 min.	30 min			30 min.
Week 2		35 min.	35 min.		40 min.	35 min.	
Week 3	40 min.	40 min.		45 min.	40 min.		45 min.
Week 4	45 min.		45 min.	40 min.	30 min.		45 min.
Week 5	40 min.	35 min.		45 min.	40 min.	40 min.	
Week 6	45 min.	45 min.	40 min.		45 min.	45 min.	45 min.
Week 7		50 min.	45 min.	40 min.	.	50 min.	45 min.
Week 8	45 min.		50 min.	50 min.	45 min.		50 min.
Week 9	50 min.	50 min.		55 min.	50 min.	50 min.	
Week 10	55 min.	55 min.	50 min.		55 min.	55 min.	55 min.
Week 11		60 min.	55 min.	55 min.		60 min.	60 min.
Week 12	55 min.		60 min.	60 min.	60 min.		65 min.

Use "off days" for total rest or active rest by cross training.

**Note: These times are based on a pace between 7:30-8 minutes per mile.*

Progression Criteria

- Be able to complete this program without setbacks.
- Remain pain free.
- Continue to follow Soreness Rules outlined above.

References:

Brigham and Women's Hospital (2007). Running injury prevention tips and return to running program. The Brigham and Women's Hospital Inc. Department of Rehabilitation Services.

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