

Return to Run Program

Dynamic Warm-Up

Complete prior to each session of the running program. Examples include:

- Walking Knee Hug
- Walking Quad Stretch
- RDL Walk
- Soldier Walk
- World's Greatest Stretch
- High Knees
- Butt Kicks
- A-Skips
- B-Skips

Run:Walk

	Time	Treadmill
Level 1	1 min run/ 1 min walk (5 reps/ 10 min total)	0.1 mile run/ 0.1 mile walk (1 mile total)
Level 2	2 min run/ 1 min walk (5 reps/ 15 min total)	0.2 mile run/ 0.1 mile walk (1.5 miles total)
Level 3	3 min run/ 1 min walk (5 reps/ 20 min total)	0.3 mile run/ 0.1 mile walk (2 miles total)
Level 4	4 min run/ 1 min walk (5 reps/ 25 min total)	0.4 mile run/ 0.1 mile walk (2.5 miles total)
Level 5	8 min run/ 2 min walk (3 reps/ 30 min total)	0.8 mile run/ 0.2 mile walk (3 miles total)
Level 6	15 min run/ 2 min walk (2 reps/ 34 min total)	1.5 mile run/ 0.2 mile walk (3.4 miles total)
Level 7	30 min run	3 mile run

Guidelines:

- 2-day rest period required between runs for Levels 1-3
- 1-day rest period required between runs for Levels 4-7
- Do not advance more than 2 levels per week
- Runs should be performed on a flat surface ONLY
- Pace - able to maintain conversation throughout

Considerations:

- Endurance vs. Non-endurance athletes: Modifications to the running program should be decided by the clinician and individualized to the athlete depending on specific sport demands
- Strength Statement: Successful completion of a return to running program does not negate the need for foundational muscle strengthening to safely return to sport. Return to running should happen in conjunction with loaded resistance training.

Soreness Rules

Criterion	Action
Soreness during warm-up that continues into the activity/training session	2 days off, drop down intensity level
Soreness during warm-up that goes away but redevelops during activity/training session	Stay at intensity level that led to soreness
Soreness during warm-up that goes away but redevelops during activity/training session	2 days off, drop down 1 intensity level
Soreness the day after the activity/training session (not muscle soreness)	1 day off, do not advance program to next intensity level
No soreness	Advance 1 intensity level/week or as instructed by health care professional