

## Return to Running

- Guidelines
    - 2 step program
      - Walking
        - Walk at 4.2-5.2 mph for a total of 30 min without pain before progressing to walk/jog program
      - Walk/Jog
        - See chart below
        - Times per week
          - Phases 1-4: 3x per week
          - Phases 5-7: 4xper week
        - DO NOT progress to the next phase unless can complete previous phase without pain
        - Cross Train on Days off from running
        - Warmup
          - Dynamic stretching
          - Brisk walking
            - 3-5 min
        - Cooldown
          - Walk 3-5 min
          - Static stretching
- Tips
  - Do not progress mileage more then 10-20% per week
  - If pain occurs with running do not push through it
  - Change shoes every 300-500 miles
  - Start program on a flat ground surface before progressing to hills or trails
  - Post program be sure to perform static stretching exercises

| Phase | Walk         | Run   | Repetitions | Time   |
|-------|--------------|-------|-------------|--------|
| 1     | 5 min        | 1 min | 5           | 30 min |
| 2     | 4 min        | 2 min | 5           | 30 min |
| 3     | 3 min        | 3 min | 5           | 30 min |
| 4     | 2 min        | 4 min | 5           | 30 min |
| 5     | 1 min        | 5 min | 5           | 30 min |
| 6     | 1 min        | 6 min | 5           | 35 min |
| 7     | 30 sec-1 min | 7 min | 5           | 40 min |