

Running Progression

Dr. Petre has cleared you for a running progression to return to sports. Please follow these guidelines to return in a safe manner. Early return to running should incorporate the Run Walk Technique described by runner Jeff Galloway. You should run for a certain amount of time (see chart below) and then walk for the prescribed time. The ratios depend upon your pace that you are currently able to do. The chart below shows the run/walk ratios for different running paces.

Pace	Run	Walk
8 min/mi	4 min	35 second
9 min/mi	4 min	1 min
10 min/mi	3 min	1 min
11 min/mi	2.5 min	1 min
12 min/mi	2 min	1 min
13 min/mi	1 min	1 min
14 min/mi	30 seconds	30 seconds
15 min/mi	30 seconds	45 seconds
16 min/mi	30 seconds	1 min

If you experience pain at any step in this progression, return immediately to the last step or week where you were pain free and repeat that week!

Week 1

- Day 1: Half your normal distance at a easy conversational pace using the Run/Walk technique
- Day 2: rest- check your symptoms
- Day 3: Half your normal distance at a easy conversational pace using the Run/Walk technique
- Day 4: rest- check your symptoms
- Day 5: Half your normal distance at a easy conversational pace using the Run/Walk technique
- Day 6: rest- check your symptoms
- Day 7: Cross training (weight lifting, swimming, biking, etc), no running

Week 2

- Day 1: Full Distance, easy pace using the run walk technique
- Day 2: rest
- Day 3: Full distance, easy pace using the run walk technique
- Day 4: rest or cross training
- Day 5: Full Distance, moderate pace (3/4 normal) using the run walk technique
- Day 6: rest
- Day 7: Full Distance moderate pace using the run walk technique

Week 3

- Day 1: Full distance, full speed. Use Run/walk
- Day 2: Rest
- Day 3: Cross Training
- Day 4: Full Distance, full speed. Use Run/walk
- Day 5: rest
- Day 6: Cross Training
- Day 7: Full Speed, Full distance, run walk optional

Week 4:

- Begin cutting and pivoting. May do sprints. May do shuttle runs, turning drills, etc.
- Mix cutting/pivoting drills with easy straight ahead running.
- Make sure to rest often and back off if the pain returns

Week 5:

- Return to practice only
- Scrimmages OK
- Red Jersey (non-contact player) in contact sports

Week 6:

- Return to full-go, contact/games ok