Return to Running Program

- Perform plyometric or walk/run program every other day
- Off Days:
  - Cross train (bike, elliptical, swim, yoga, pilates)
  - Perform regular strengthening exercises prescribed by your PT
  - Allow at least one day of full rest per week.
- Wear supportive running shoes
  - Change running shoes every 300-500 miles
- Wear orthotics/inserts if recommended by your doctor or PT
  - Recommended Brands: Superfeet or Spenco
- Begin on flat surface, treadmill or cushioned track.
- Warm up for 5-10 mins. Cool down and stretch at the end of walk/run
- Stretch gastroc/soleus, hamstrings, quads, hip flexors, iliotibial band for 30 secs. each
- Ice the injured area for 10-15 mins. after activity

Walk Program

Walk at a brisk pace as tolerated. Progress to next phase when able to complete one mile without a limp, pain or swelling.

Plyometric Program

Emphasize toe landing, “land like a feather”
Warm Up: Brisk walk, cycling, or elliptical at least 5 mins.
Once warmed up, perform 20 reps of each, complete 2 sets

- Two foot ankle hops in place
- One-foot ankle hops in place
- Squat Jump
- Forward/Backward hops
- Side-to-Side hops
- Skip
- Power skip - driving arm and leg up for height

Rest 30 seconds between exercises

Stop routine if you are feeling any pain. Stretch and ice the area for 10-15 mins.
Intermediate Walk/Run Program
(Ideal for those with non-surgical injuries, previously running 15-25 miles/week)

If you are pain free with the two previous programs, you may progress to this phase after performing the plyometric program for at least one week.

- Warm Up with brisk walk for 5 mins. Run every other day at most.
- Progress to the next phase only if able to complete each workout without pain.

<table>
<thead>
<tr>
<th>PHASE</th>
<th>WALK</th>
<th>RUN</th>
<th>REPETITIONS</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phase I</td>
<td>3 min</td>
<td>2 min</td>
<td>6</td>
<td>30 min</td>
</tr>
<tr>
<td>Phase II</td>
<td>3 min</td>
<td>3 min</td>
<td>5</td>
<td>30 min</td>
</tr>
<tr>
<td>Phase III</td>
<td>1 min</td>
<td>4 min</td>
<td>6</td>
<td>30 min</td>
</tr>
<tr>
<td>Phase IV</td>
<td>1 min</td>
<td>5 min</td>
<td>5</td>
<td>30 min</td>
</tr>
<tr>
<td>Phase V</td>
<td>1 min</td>
<td>9 min</td>
<td>3</td>
<td>30 min</td>
</tr>
<tr>
<td>Phase VI</td>
<td>Continuous Run for 30 min (with proper warm-up &amp; cool down)</td>
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</tbody>
</table>

Increase running time by 10%/wk as pain allows until you have returned to your previous level of running

For runners who are planning to participate in ½ marathon or full marathon, please refer to websites below for training guides/ tools:

FIRST Run Less Run Faster Program www.furman.edu/first/

www.runnersworld.com
www.runningtimes.com
www.coolrunning.com