



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.

PHASE	WALK	RUN	REPETITIONS	TIME
Phase I	3 min	2 min	6	30 min
Phase II	3 min	3 min	5	30 min
Phase III	1 min	4 min	6	30 min
Phase IV	1 min	5 min	5	30 min
Phase V	1 min	9 min	3	30 min
Phase VI	Continuous Run for 30 min (with proper warm-up & cool down)			

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