THE RUNNING INSTITUTE
SPECIALIZING IN SPORTS MEDICINE & SURGERY

Return to Running Program

(University of Wisconsin Hospital and Clinics Physical Therapy Division)

The following is a guide given to me by my physical therapists…return to continuous running following injury. It should be started once you are able to walk 30 min consecutively without pain/injury. If pain should return with running, you may continue as long as: 1) The pain is not sharp 2)the pain lessens or remains unchanged as the running sessions continues 3) the presence of pain does not alter your normal pattern of motion (no limping)

Begin each session with a warm-up consisting of a 2-5 minutes brisk walk followed by your specific stretching exercise. Perform the appropriate walk/run combination based on the table below. Be sure to follow the walk/run with your stretching exercise.

Week 1
Day 1: 6 x: walk – 4.5 min/run – 0.5 min.
Day 2: 6 x: walk – 4.0 min/run -1.0 min.
Day 3: 6 x walk – 3.5 min/run –1.5 min.

Week 2
Day 1: 6 x: walk – 3.0 min/run – 2.0 min.
Day 2: 6 x: walk – 2.5 min/run -2.5 min.
Day 3: 6 x walk – 2.0 min/run –3.0 min.

Week 3
Day 1: 6 x: walk – 1.5 min/run – 3.5 min.
Day 2: 6 x: walk – 1.0 min/run - 4.0 min.
Day 3: 6 x walk – 0.5 min/run –4.5 min.

Week 4
Day 1: run 30 min
Day 2: run 30 min
Day 3: run 30 min

Upon completing week 4, resume a gradual transition back to continuous running following 2-5 minutes of warm-up and stretching. As you return to your pre-injury running level, training duration or intensity should be increased by no more than 10% per week to minimize risk of injury recurrence. Be sure to continue a stretching program in concert with your running.

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TRI Return to Running Program (City Block Edition)

Week 1: *3 days a week (every other day)*

Day 1: Walk one block, run one block, walk one block, run one block, repeat.
Duration: 30 Minutes

Day 2: Walk one block, run two blocks, walk one block, run two blocks, repeat.
Duration: 30 Minutes

Day 3: Walk one block, run three blocks, walk one block, run three blocks, repeat.
Duration: 30 Minutes

Week 2: *3 days a week (every other day)*

Day 1: Walk one block, run four blocks, walk one block, run four blocks, repeat.
Duration: 30 Minutes

Day 2: Walk one block, run five blocks, walk one block, run five blocks, repeat.
Duration: 30 Minutes

Day 3: Walk one block, run six blocks, walk one block, run six blocks, repeat.
Duration: 30 Minutes

Continue same pattern

- **Should be started once you are able to walk for 30 minutes without pain.**
- **Begin each session with a warm-up of a 2-5 brisk walk.**
- **1 block increases every run day.**
- **8 blocks or higher = mileage based running.**
- **Be sure to continue the stretching program.**

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