



Intermediate Return to Running Program

Step 1: Walk to Run

- Only complete one phase per day, performing workout every other day
- On off days, either cross train or rest but must take one day of complete rest each week
- Stop running if you begin to experience pain, swelling, or altered running/walking pattern
- Complete each phase without symptoms before moving on to the next phase

Intermediate Walk to Run Program	Warm-up	Run:Walk	Repetitions	Cool Down	Total	
Phase 1	5-10 min	2 min: 1-2 min	2-4	5-10 min	20-30 min	2
Phase 2	5-10 min	4 min:1-2 min	2-4	5-10 min	20-30 min	2
Phase 3	5-10 min	6 min:1-2 min	2-4	5-10 min	20-30 min	2
Phase 4	5-8 min	8 min:1-2 min	2-4	5-8 min	20-30 min	2

Step 2: Running Progression

- On off days, either cross train or rest but must take one day of complete rest each week
- Avoid hill running and interval workouts until you have returned to your normal weekly mileage and pace
- Stop running if you begin to experience pain, swelling, or altered running pattern
- Work to increase speed before increasing distance

Intermediate Running Progression	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Total Miles
Week 1	-	1	-	2	-	2	-	5
Week 2	-	2	-	3	-	4	-	9
Week 3	-	4	-	3	-	4	-	11
Week 4	5	-	4	3	-	5	-	17
Week 5	5	-	6	4	-	5	-	20

Recommendations to Prevent Injuries in the Future

- Give yourself at least one rest day a week
- Continue with strengthening exercises from physical therapy at least 2-3 times a week
- Perform a dynamic warm-up prior to running and perform static stretching after your run (e.g. at <https://3dpt.com/videos/>)
- Decrease mileage or stop running if your injured, slowly return to your normal routine
- Increased mileage and sudden increases in intensity increases your risk of injury, gradually increase mileage and intensity

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