

Running Program (graduated) – following major surgery

Following major surgery it is important that you begin your return to running on a graduated basis.

Start all exercises at minimal effort and progress slowly as you feel comfortable.
Do not be concerned about mileage or aerobic conditioning effect.

Before running - Warm up and stretch
After running - stretch and ICE

Week	Volumes	Days (circle)
1	Fast walk 1-2 miles (50 yards fast, 50 yards slow)	Su M Tu W Th F Sat
2	Fast walk 2-3 miles (100 yards fast, 100 yards slow)	Su M Tu W Th F Sat
3	Jog 10 minutes every other day	Su M Tu W Th F Sat
4	Jog 15 minutes every other day	Su M Tu W Th F Sat
5	Jog 20 minutes every other day	Su M Tu W Th F Sat
6	Jog 20 minutes 2 days consecutively, take one off	Su M Tu W Th F Sat
7	Jog 25 minutes 2 days consecutively, take one off	Su M Tu W Th F Sat
8	Jog 30 minutes 2 days consecutively, take one off	Su M Tu W Th F Sat

Resume Training Program at appropriate mileage and intensity

During the course of the graduated build-up the workouts may be supplemented with stretching, weight work-outs, bicycling and swimming.



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