

Return to Running Program—Post Stress Fr.

Purpose: This program is intended for those individuals who have been off running for an extended period of time due to an injury or surgery. Please discuss with your therapist specific modifications to this program depending on the circumstances leading up to your return to running.

Guidelines: The following guidelines need to be followed to ensure an optimal outcome of the progressive running program.

1. For the first four weeks, run every other day for the time allotted. If allowed, it is okay to cross-train with other forms of cardio activities. (e.g., elliptical trainer; stationary bike) after your run or on specified "OFF" days.
2. Complete warm-up and cool-down exercises as prescribed.
3. Run up to, but not into your "pain zone."
4. Use ice as needed (10 mins.) to decrease post-exercise tissue irritation.
5. Not allowed to progress to next allotted time if symptoms occur while running or you are limping.
6. Don't forget your prescribed strength training exercises on "OFF" days.

Seven-Week Schedule for Returning from Injury

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Walk 10 min, Run 5 min, Walk 5 min, Run 5 min	Run in water or other training	Run in water or other training	Walk 5 min, Run 5 min, Walk 5 min, Run 5 min, Walk 5 min, Run 5 min	Run in water or other training	Run in water or other training	Walk 3 min, Run 7 min, Walk 3 min, Run 7 min, Walk 3 min, Run 7 min
2	Run in water or other training	Walk 2 min, Run 8 min, Walk 2 min, Run 8 min, Walk 2 min, Run 8 min	Run in water or other training	Run 10 min, Walk 2 min, Run 10 min, Walk 2 min, Run 10 min	Run in water or other training	Run 12 min, Walk 2 min, Run 12 min, Walk 2 min, Run 10 min	Run in water or other training
3	Run 15 min, Walk 2 min, Run 15 min	Run in water or other training	Run 20 min, Walk 2 min, Run 10 min	Run in water or other training	Run 25 min	Run in water or other training	Run 30 min
4	Run in water or other training	Run 25 min	Run 30 min	Run in water or other training	Run 25 min	Run 35 min	Run in water or other training
5	Run 30 min	Run 35 min	Run in water or other training	Run 30 min plus 6 x 100 meter stridouts	Run 30 min	Run 40 min	Run in water or other training
6	Tempo Run (15 min warm-up, 15 min @ 15 km race pace)	Run 30 min	Run 45 min	Run in water or other training	Run 40 min plus 6 x 100 meter strideouts	Run 30 min	Run 50 min
7	Run in water or other training	Run 35 min	Tempo Run (15 min warm-up, 20 min @ 15 km race pace)	Run 35 min	Run in water or other training	Run 40 min plus 6 x 100 meter strideouts	Run 55 min

Source: <http://pfitzinger.com/labreports/stressfracture.shtml>

Cool Down: Complete your stretching/strengthening program as recommended by your physical therapist or continue with additional cross-training activities. Ice as needed following your runs for mild pain/soreness (10 minutes).