

Running Progression Program & Guidelines



Purpose of this Program:

This program was developed to optimize the return to sporting activities with minimal setbacks by establishing a progressive stepwise program. Included in this program are a dynamic warm up, recommended strengthening exercises, a plyometric/drill progression, and a return to running progression. This program is only a guideline which can be altered according to individual needs.

Key Points:

1. Progress gradually: give your recovering tissue and joints time to adapt to load
2. Avoid speed and hills in early progressions
3. Start running on soft surface or treadmill before progressing to pavement/road
4. Cross train especially in initial phases
5. Incorporate adequate recovery between runs

Monitor Discomfort Level:

Acceptable: Continue to Progress Training	Unacceptable: Back off Training
1. General muscle soreness	1. Pain that lasts for 2-3 days after a workout
2. Slight joint discomfort after workout or next day that is gone in 24 hours	2. Pain that is evident at the beginning of a run/walk then becomes worse as run/walk continues
3. Slight stiffness at beginning of run or walk that dissipates after first 10 minutes	3. Pain that is keeping you awake at night
	4. Pain that changes your stride

Strength Maintenance Exercises:

During this program, it is important to continue strengthening exercises provided by your physical therapist. Some examples include:

Side Plank Raises		Side Plank Raises https://youtu.be/x_F_xfiCZtA
Front Planks		Front Plank https://youtu.be/3_YvcCUitzQ
Band Walks		Band Walks https://youtu.be/baeAQXHvwhY
Supine Bridge		Supine Bridge https://youtu.be/WQrmXZDyLrU
Single Leg Squat Reach		Single Leg Squat Reach https://youtu.be/_R5ZbG-eYRM

Dynamic Warm-Up: This warm-up should be performed prior to each workout or run to make sure the muscles used with running are warmed up, activated, and the mobility needed to perform the activity is available.

Exercise	Repetitions	Video Links
Soldier Walks		<p data-bbox="1122 342 1463 401">Soldier Walks</p> <p data-bbox="1133 415 1484 443">https://youtu.be/hB3OsqYJuW8</p> <p data-bbox="1247 478 1370 506">2x20 steps</p>
Glute Kicks		<p data-bbox="1130 541 1474 600">Glute Kicks</p> <p data-bbox="1133 625 1484 653">https://youtu.be/H2OQ9v4k8g8</p>
Swing Kicks		<p data-bbox="1122 737 1463 795">Swing Kicks</p> <p data-bbox="1133 810 1484 837">https://youtu.be/OG6czNCrTXg</p> <p data-bbox="1247 873 1370 900">2x 20 steps</p>
Knee Hug to Calf Raise		<p data-bbox="1122 936 1511 995">Knee Hug to Calf Raise</p> <p data-bbox="1141 1010 1474 1037">https://youtu.be/RiYVoDjdbys</p> <p data-bbox="1247 1073 1370 1100">2x 20 steps</p>
In/Out Heel Taps		<p data-bbox="1130 1157 1474 1215">In/Out Heel Taps</p> <p data-bbox="1141 1230 1484 1257">https://youtu.be/6lZT2tPZsmw</p> <p data-bbox="1247 1272 1370 1299">2x 20 steps</p>
Walking Lunges with Reach and Rotation		<p data-bbox="1130 1329 1474 1430">Walking Lunges Reach-Rotate</p> <p data-bbox="1141 1444 1484 1472">https://youtu.be/OGO1ZsckaDk</p> <p data-bbox="1247 1486 1370 1514">2x 10 steps</p>
Lunge Twist		<p data-bbox="1130 1528 1474 1587">Lunge Twist</p> <p data-bbox="1125 1602 1492 1629">https://youtu.be/DVFwBCQQnHo</p> <p data-bbox="1247 1644 1370 1671">2x10 steps</p>
Quick Steps	<p data-bbox="610 1707 1057 1797">20 in place then forward 20ft, 20 in place then backward 20ft 2x</p>	<p data-bbox="1130 1717 1474 1776">Quick Steps</p> <p data-bbox="1133 1791 1484 1818">https://youtu.be/BMLrzElmuNM</p>
Single Leg Mini-Squat to Calf Raise		<p data-bbox="1089 1833 1536 1923">Single Leg Mini-Squat to Calf Raise</p> <p data-bbox="1141 1927 1484 1986">https://youtu.be/Kpid9kelUns X12 each leg</p>

Phase 1: Walking Program

You should be able to walk 30 minutes pain free at a fairly aggressive pace (3.5 miles per hour or higher). Start on a treadmill before progressing to outdoor surfaces.

Phase 2: Quick Response and Plyometric Routine

Quick muscle response and plyometrics will be initiated in this phase, progressing to about 500-600 foot contacts between 1 and 2 legs. Successful completion of this phase is a good indicator that an athlete is ready to initiate the running program.

Level 1:

Ladders (40 ft)	
Forward- 2 feet each box	X1
Lateral- 2 feet each box	X1
Forward- 1 foot each box	X1
In-In/Out-Out	X1
In-In/Out (zig-zag shuffle)	X1
Rest 2 minutes, Repeat x 3	 <div style="text-align: right;">  https://youtu.be/fK-4giDn9Wc </div>

2 Foot Line Jumps Front/Back with Bounce		 https://youtu.be/7cgjvO8yhUk 3x12
2 Foot Dot Hops		 https://youtu.be/zB6s32K_654 3 x 3 rounds each way
Alternating Hop/Hold		 https://youtu.be/f33-b-spZeo 3x 10 total jumps
Alternating 1 Leg Hops with Bounce		 https://youtu.be/hjxtS7t0_SU 3x10 total jumps

Upon completion of the Level 1 plyo program, the walk/jog progression can be initiated if the following criteria have been met:

1. Successful completion of Phase I and II.
2. No pain with daily activities.
3. Walk without a limp.

Walk/Jog Program

Goal: To initiate and gradually progress your running volume without an increase in symptoms. It may be best to begin your running program on a treadmill as you have more control over speed and distance before proceeding to outdoors.

Key Points:

1. No hills or incline.
2. No speed work.
3. Work on form.
4. Run every other day

Walk/Jog Progression:

Run Interval	Walk Interval	Repetitions	Total Run Time	Total Time Spent
1 minute	1 minute	X7	7 minutes	14 minutes
2-3 minutes	1 minute	X5	10-15 minutes	15-20 minutes
3-5 minutes	1 minute		20 minutes	24+ minutes
Run until fatigue or form failure, then walk 1-2 minutes, repeat for a total run time of 25-30 minutes				
Initiate running outdoors				
Jog every other day with a goal of reaching 30 consecutive minutes.				

** End each run with a 3-5 minute walk and mobility/stretching exercises.

** Do each step 2-3 times before progressing to the next step.

Depending on your athletic goals and recommendations of your physical therapist, continue with the level 2 and 3 drills, and the return to distance running program.

Level 2 Drills:

Do all 1/2 court, down and back 3x with a 2 min. rest between sets

Lateral Shuffles		<p>Lateral Shuffles</p> <p>https://youtu.be/9o3ihAWIGbl</p>
Grapevine		<p>Grapevine</p> <p>https://youtu.be/rQL7PJYu6nY</p>
Boxer Shuffles		<p>Boxer Shuffles</p> <p>https://youtu.be/ug1A8gfDzjo</p>
Backpedal		<p>Back Pedal</p> <p>https://youtu.be/xkiPM47agQo</p>

High Knees		<p>High Knees</p> <p>https://youtu.be/sUVnMWfl210</p>
Forward Backwards Skips		<p>Forward/Back Skips</p> <p>https://youtu.be/nPkXN_AhO6k</p>
Lateral Skips		<p>Lateral Skips</p> <p>https://youtu.be/As1THjXMufs</p>
Tap Skips		<p>Tap Skips</p> <p>https://youtu.be/JUOpDv4uPUM</p>

Level 3 Drills:

Matrix Jacks 3x30 sec		<p>Matrix Jacks</p> <p>https://youtu.be/2LT9CbeAVfQ</p>
1 Foot Forward Line Hops a) Pause: 3 x 12 b) No pause: 3 x 12		<p>1 Ft Forward Line</p> <p>https://youtu.be/niv_fS0usGc</p>
1 Foot Line Hops w/Bounce a) Front/back: 3 x10 b) Side/side: 3 x10		<p>Line Hops Bounce</p> <p>https://www.youtube.com/watch?v=DALpKQE6zfs</p>
1 Foot Dot Hops (start with pause, progress to hot dots) 2-3 x3 each way		<p>1 Ft Dot Hops</p> <p>https://youtu.be/kQfms_RmTpo</p>
Skater Hops 3 x 45 seconds/1 minute		<p>Skater Hops</p> <p>https://youtu.be/014ziA73p7w</p>
Box Hoppers 3x12		<p>Box Hoppers</p> <p>https://youtu.be/JdSVfzDfT0A</p>
Jump Rope	2-3 sets of: 2 feet x 50; R/L alternate x 50; R only x 15; L only x 15	

Phase 3: Return to Distance Running

Guidelines:

1. Work below your breakpoint: find your baseline.
 - Your baseline is the distance you can run without pain during the run and for 48 hours after the run. First find your baseline on a treadmill as you have more control over speed and distance. Run for as long as comfortable, stop if painful and note **distance, time and pace**. The goal is to identify a distance and speed you can do without increasing your symptoms. When you feel comfortable on the treadmill, you can progress to a level running route outdoors.
2. Allow at least one day between each run.
 - It may take longer depending on discomfort or recovery.
3. Change one thing at a time (distance, speed, hills).
4. Progress gradually.

Progression Guidelines:

- **Weeks 1-2:**
 - Run 2-3 times per week.
 - Always separated by a rest day.
 - Two shorter runs between 50-60% of your baseline.
 - One longer run at baseline distance.
- **Weeks 3-6:**
 - Run 3 times per week separated by a rest day all at baseline level.
 - Increase distance by 10% each week.
- **5+ Weeks:**
 - Reassess your baseline.
 - Increase your distance accordingly.
 - Monitor your pain during and for 24-48 hours after you increase.
 - Progress weekly volume and long run distance by no more than 10% each week.
 - Once you reach your goal distance, you can then initiate speed work or hill work.
 - **ONLY** change one thing at a time (ie. If you add speed work do not increase distance, do not add hills.) When initiating hill work, be cautious of down hills.