

# 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		<b>Side Plank Raises</b> <a href="https://youtu.be/x_F_xfiCZtA">https://youtu.be/x_F_xfiCZtA</a>
Front Planks		<b>Front Plank</b> <a href="https://youtu.be/3_YvcCUitzQ">https://youtu.be/3_YvcCUitzQ</a>
Band Walks		<b>Band Walks</b> <a href="https://youtu.be/baeAQXHvwhY">https://youtu.be/baeAQXHvwhY</a>
Supine Bridge		<b>Supine Bridge</b> <a href="https://youtu.be/WQrmXZDyLrU">https://youtu.be/WQrmXZDyLrU</a>
Single Leg Squat Reach		<b>Single Leg Squat Reach</b> <a href="https://youtu.be/_R5ZbG-eYRM">https://youtu.be/_R5ZbG-eYRM</a>

**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="1127 344 1463 401"><b>Soldier Walks</b></p> <p data-bbox="1135 415 1484 443"><a href="https://youtu.be/hB3OsqYJuW8">https://youtu.be/hB3OsqYJuW8</a></p> <p data-bbox="1248 478 1370 506">2x20 steps</p>
Glute Kicks		<p data-bbox="1135 541 1474 598"><b>Glute Kicks</b></p> <p data-bbox="1135 625 1484 653"><a href="https://youtu.be/H2OQ9v4k8g8">https://youtu.be/H2OQ9v4k8g8</a></p>
Swing Kicks		<p data-bbox="1122 737 1463 793"><b>Swing Kicks</b></p> <p data-bbox="1138 808 1479 835"><a href="https://youtu.be/OG6czNCrTXg">https://youtu.be/OG6czNCrTXg</a></p> <p data-bbox="1248 871 1370 898">2x 20 steps</p>
Knee Hug to Calf Raise		<p data-bbox="1122 930 1511 987"><b>Knee Hug to Calf Raise</b></p> <p data-bbox="1143 1010 1474 1037"><a href="https://youtu.be/RiYVoDjdbys">https://youtu.be/RiYVoDjdbys</a></p> <p data-bbox="1248 1073 1370 1100">2x 20 steps</p>
In/Out Heel Taps		<p data-bbox="1135 1150 1474 1207"><b>In/Out Heel Taps</b></p> <p data-bbox="1143 1230 1479 1257"><a href="https://youtu.be/6lZT2tPZsmw">https://youtu.be/6lZT2tPZsmw</a></p> <p data-bbox="1248 1272 1370 1299">2x 20 steps</p>
Walking Lunges with Reach and Rotation		<p data-bbox="1135 1329 1474 1423"><b>Walking Lunges Reach-Rotate</b></p> <p data-bbox="1143 1446 1479 1474"><a href="https://youtu.be/OGO1ZsckaDk">https://youtu.be/OGO1ZsckaDk</a></p> <p data-bbox="1248 1488 1370 1516">2x 10 steps</p>
Lunge Twist		<p data-bbox="1135 1522 1474 1579"><b>Lunge Twist</b></p> <p data-bbox="1127 1614 1492 1642"><a href="https://youtu.be/DVFwBCQQnHo">https://youtu.be/DVFwBCQQnHo</a></p> <p data-bbox="1248 1656 1370 1684">2x10 steps</p>
Quick Steps	<p data-bbox="610 1707 1057 1801">20 in place then forward 20ft, 20 in place then backward 20ft 2x</p>	<p data-bbox="1135 1717 1474 1774"><b>Quick Steps</b></p> <p data-bbox="1135 1797 1484 1824"><a href="https://youtu.be/BMLrzElmuNM">https://youtu.be/BMLrzElmuNM</a></p>
Single Leg Mini-Squat to Calf Raise		<p data-bbox="1094 1833 1536 1927"><b>Single Leg Mini-Squat to Calf Raise</b></p> <p data-bbox="1143 1929 1479 1982"><a href="https://youtu.be/Kpid9kelUns">https://youtu.be/Kpid9kelUns</a> 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
<b>Rest 2 minutes, Repeat x 3</b>	 <div style="text-align: center;">  <p><a href="https://youtu.be/fK-4giDn9Wc">https://youtu.be/fK-4giDn9Wc</a></p> </div>

2 Foot Line Jumps Front/Back with Bounce		<div style="text-align: center;">  <p><a href="https://youtu.be/7cgjvO8yhUk">https://youtu.be/7cgjvO8yhUk</a> 3x12</p> </div>
2 Foot Dot Hops		<div style="text-align: center;">  <p><a href="https://youtu.be/zB6s32K_654">https://youtu.be/zB6s32K_654</a> 3 x 3 rounds each way</p> </div>
Alternating Hop/Hold		<div style="text-align: center;">  <p><a href="https://youtu.be/f33-b-spZeo">https://youtu.be/f33-b-spZeo</a> 3x 10 total jumps</p> </div>
Alternating 1 Leg Hops with Bounce		<div style="text-align: center;">  <p><a href="https://youtu.be/hjxtS7t0_SU">https://youtu.be/hjxtS7t0_SU</a> 3x10 total jumps</p> </div>

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				
<b>Jog every other day with a goal of reaching 30 consecutive minutes.</b>				

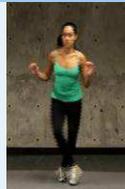
\*\* End each run with a 3-5 minute walk and mobility/stretching exercises.

\*\* 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><b>Lateral Shuffles</b></p> <p><a href="https://youtu.be/9o3ihAWIGbl">https://youtu.be/9o3ihAWIGbl</a></p>
Grapevine		<p><b>Grapevine</b></p> <p><a href="https://youtu.be/rQL7PJYu6nY">https://youtu.be/rQL7PJYu6nY</a></p>
Boxer Shuffles		<p><b>Boxer Shuffles</b></p> <p><a href="https://youtu.be/ug1A8gfDzjo">https://youtu.be/ug1A8gfDzjo</a></p>
Backpedal		<p><b>Back Pedal</b></p> <p><a href="https://youtu.be/xkiPM47agQo">https://youtu.be/xkiPM47agQo</a></p>

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

### Level 3 Drills:

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