

Return To Running Program:



This program is designed to help runners return to training following a running related injury (RRI). Soreness rules are provided below to help guide your decision making along the way. The running workouts should be performed on non-consecutive days. Make sure to warm up and cool down with ten minutes of fitness walking (walking at 3.2-3.5mph while pumping your arms in a manner similar to running). On non-running days, perform any relevant strengthening exercises, drills, and self-mobilizations prescribed by your therapist. Lastly, keep in mind that it is ultimately up to you, and the rehabilitation professional overseeing your care, to determine the rate at which you progress through the program.

Level	Run	Walk	Repeat
1	1'	3'	10x
2	2'	2'	10x
3	3'	1'	10x
4	40'	N/A	N/A

Stage	Definition	Red Flag
1	Pain upon exertion	Pain that alters mechanics
2	Pain at rest	Pain that prevents rest
3	Pain with ADLs	Avoidance of ADLs
4	Pain managed with meds	Being in the stage
5	Severe, disabling pain	Being in the stage

**Adapted from the Running Injury Recovery Program (Wilk)*

Soreness/Pain Rules:

1. It's okay to experience some mild pain or discomfort as you work through the return to running program, provided that the pain does not progressively worsen over the course of the workout, or lead to the development of red flags.
2. Aim to perform each level twice before progressing to the next level, unless otherwise directed by your therapist.
3. If you experience pain that is present while running (Stage 1), but that does not lead to altered mechanics and resolves with walking, remain at the same level until you are able to tolerate it.
4. If you experience pain at rest post-workout (Stage 2), but that does not prevent you from rest/sleep, take two days off and drop down one level.
5. In the event that you find yourself in stage three or greater, or if you experience any signs or symptoms consistent with red flags, discontinue running and consult with your therapist before continuing with the return to running program.