

Return to Running Program

Prior to starting this program, you should be able to briskly walk at least one mile without pain or swelling afterward.

Advance your mileage slowly. A good general rule is no more than a 10% increase in mileage per week. Walking/jogging should be performed no more frequently than on an every-other-day basis. You may use other cross-training exercises (biking, swimming) to boost your aerobic activity while advancing in this program. Before and after this program allow 15 minutes to warm-up and stretch. Flat running surfaces (such as treadmill with no incline or a soft track) are preferred. Apply ice to the injured area for 20 minutes following this program. Do not run through pain and do not advance to the next phase if you have persistent pain.

	Monday	Wednesday	Friday
Phase I	Jog ¼ mile Walk ¾ mile (comfortable pace)	Jog ½ mile Walk ½ mile (comfortable pace)	Jog ¾ mile Walk ¼ mile (comfortable pace)
Phase II	Jog ¾ mile Walk ¼ mile (comfortable pace)	Jog 1 mile	Jog 1 mile
Phase III	Continue to increase mileage by ¼ mile per session until your goal distance is reached. Once your distance is reached with good form and no pain, then you may begin to increase your speed.		

Once your distance is achieved help prevent injury by following the Heavy – Light – Medium format and limit your running to 3 – 4 times per week. For example, if your usual long run is 8 miles, then your “heavy” run should be 8 miles. If you are running 3 times per week then your distances should be as follows:

- Day 1: (Heavy) 8 miles
- Day 2: (Light) 4 miles
- Day 3: (Medium) 6 miles

Shoe wear:

Running shoes should be changed every 3 to 4 months due to the loss of their shock absorbing capacity. Specialty running stores can usually help fit you with an appropriate sneaker for your foot, size and running style.