



HOWARD HEAD SPORTS MEDICINE

A service of Vail Health Hospital

Return to Running Progression

<u>Phase</u>	<u>Walk Run Ratio</u>	<u>Total Time</u>	<u>Frequency</u>
1	4 minutes / 1 minute	10-20 minutes	3-4 / week
2	3 minutes / 2 minutes	10-20 minutes	3-4 / week
3	2 minutes / 3 minutes	10-20 minutes	3-4 / week
4	1 minutes / 4 minute	10-20 minutes	3-4 / week

Notes:

- Walking should be done on a 7-12% incline, running at a 1-4% incline.
- All running should be pain free- do not progress through pain.
- Start each phase with 10 minutes total of walking/running
- Progress to the next phase after completing 20 minutes without pain
- Progression to running outdoors can begin once patient is able to run 20 minutes on the treadmill pain free
- Distance and speed can be increased as tolerated in 10-20% increments after 20 minutes on the treadmill is well tolerated