



The Running Center *at Towson Sports Medicine*

Moderate Injury: Return to Run following 4-6 weeks of rest

Week		Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	Run at 50-60% competition pace	Warm up: Walk 5 min Workout: Run 4 minutes, Walk 2 minutes; Repeat 2x Cool-down: Walk 5 minutes	Warm up: Walk 5 min Workout: Run 5 minutes, Walk 2 minutes; Repeat 2x Cool-down: Walk 5 minutes	Warm up: Walk 5 min Workout: Run 6 minutes, Walk 2 minutes; Repeat 2x Cool-down: Walk 5 minutes	Warm up: Walk 5 min Workout: Run 4 minutes, Walk 3 minutes; Repeat 3x Cool-down: Walk 5 minutes	Warm up: Walk 5 min Workout: Run 5 minutes, Walk 2 minutes; repeat 2x Cool-down: Walk 5 minutes	Crosstrain: 35 minutes	Warm up: Walk 10 min Workout: Run 12 minutes Cool-down: Walk 5 minutes
2	Run at 60% competition pace	Warm up: Walk 5 min Workout: Run 5 minutes, Walk 3 minutes; Repeat 2x Cool-down: Walk 5 minutes	Warm up: Walk 5 min Workout: Run 7 minutes, Walk 2 minutes; Repeat 2x Cool-down: Walk 5 minutes	Rest	Warm up: Walk 5 min Workout: Run 5 minutes, Walk 2 minutes; Repeat 3x Cool-down: Walk 5 minutes	Warm up: Walk 5 min Workout: Run 7 minutes, Walk 1 minute; Repeat 2x Cool-down: Walk 5 minutes	Crosstrain: 35 minutes	Warm up: Walk 10 min Workout: Run 17 minutes Cool-down: Walk 5 minutes
3	Run at 70% competition pace	Warm up: Walk 5 min Workout: Run 6 minutes, Walk 2 minutes; Repeat 2x Cool-down: Walk 5 minutes	Rest	Warm up: Walk 5 min Workout: Run 8 minutes, Walk 1 minutes; Repeat 2x Cool-down: Walk 5 minutes	Warm up: Walk 5 min Workout: Run 7 minutes, Walk 2 minutes; Repeat 2x Cool-down: Walk 5 minutes	Warm up: Walk 5 min Workout: Run 6 minutes, Walk 1 minute; Repeat 3x Cool-down: Walk 5 minutes	Crosstrain: 40 minutes	Warm up: Walk 10 min Workout: Run 25 minutes Cool-down: Walk 5 minutes
4	Run at 70% competition pace	Rest	Warm up: Walk 5 min Workout: Run 8 minutes, Walk 1 minute; Repeat 2x Cool-down: Walk 5 minutes	Warm up: Walk 5 min Workout: Run 9 minutes, Walk 1 minute; Repeat 2x Cool-down: Walk 5 minutes	Warm up: Walk 5 min Workout: Run 7 minutes, Walk 1 minute; Repeat 2x Cool-down: Walk 5 minutes	Crosstrain: 45 minutes	Warm up: Walk 5 min Workout: Run 7 minutes, Walk 1 minute; Repeat 2x Cool-down: Walk 5 minutes	Warm up: Walk 10 min Workout: Run 24 minutes Cool-down: Walk 5 minutes

Program adapted from Cincinnati Children's Sports Medicine department



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Guidelines:

- This guide is intended for those to return-to-run following a rest period of less than 3 weeks
- The walking portion of the intervals should be done at a moderate pace.
- Stop running if you feel yourself limp, experience pain, or note increase in swelling
- If pain/swelling increase following your run, take 1 day off or wait until symptoms subside. If this happens again, seek care from your health care provider.
- Cross-training should be medium-intensity and low impact. Examples could include swimming, biking, or use of an elliptical.

For further guidance or to seek a formal running analysis, please visit one of our Running Center locations:

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