

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-	Warm up:	Warm up:	Warm up:	Warm up:	Warm up:	Crosstrain:	Warm up:
	60%	Walk 5 min	Walk 5 min	Walk 5 min	Walk 5 min	Walk 5 min	35 minutes	Walk 10
	competition	Workout:	Workout:	Workout:	Workout:	Workout:		min
	pace	Run 4	Run 5	Run 6	Run 4	Run 5		Workout:
		minutes,	minutes,	minutes,	minutes,	minutes,		Run 12
		Walk 2	Walk 2	Walk 2	Walk 3	Walk 2		minutes
		minutes;	minutes;	minutes;	minutes;	minutes;		Cool-down:
		Repeat 2x	Repeat 2x	Repeat 2x	Repeat 3x	repeat 2x		Walk 5
		Cool-down:	Cool-down:	Cool-down:	Cool-down:	Cool-down:		minutes
		Walk 5	Walk 5	Walk 5	Walk 5	Walk 5		minutes
2	Run at 60%	minutes	minutes	minutes	minutes	minutes	Crosstrain	
Z		Warm up: Walk 5 min	Warm up: Walk 5 min	Rest	Warm up: Walk 5 min	Warm up: Walk 5 min	Crosstrain: 35 minutes	Warm up:
	competition pace	Workout:	Workout:		Workout:	Workout:	55 minutes	Walk 10
	pace	Run 5	Run 7		Run 5	Run 7		min
		minutes,	minutes,		minutes,	minutes,		Workout:
		Walk 3	Walk 2		Walk 2	Walk 1		Run 17
		minutes;	minutes;		minutes;	minute;		minutes
		Repeat 2x	Repeat 2x		Repeat 3x	Repeat 2x		Cool-down:
		Cool-down:	Cool-down:		Cool-down:	Cool-down:		Walk 5
		Walk 5	Walk 5		Walk 5	Walk 5		minutes
		minutes	minutes		minutes	minutes		
3	Run at 70%	Warm up:	Rest	Warm up:	Warm up:	Warm up:	Crosstrain:	Warm up:
	competition	Walk 5 min		Walk 5 min	Walk 5 min	Walk 5 min	40 minutes	Walk 10
	pace	Workout:		Workout:	Workout:	Workout:		min
		Run 6		Run 8	Run 7	Run 6		Workout:
		minutes,		minutes,	minutes,	minutes,		Run 25
		Walk		Walk 1	Walk 2	Walk 1		minutes
		2minutes;		minutes;	minutes;	minute;		Cool-down:
		Repeat 2x		Repeat 2x	Repeat 2x	Repeat 3x		
		Cool-down:		Cool-down:	Cool-down:	Cool-down:		Walk 5
		Walk 5		Walk 5	Walk 5	Walk 5		minutes
		minutes		minutes	minutes	minutes		
4	Run at 70%	Rest	Warm up:	Warm up:	Warm up:	Crosstrain:	Warm up:	Warm up:
	competition		Walk 5 min	Walk 5 min	Walk 5 min	45 minutes	Walk 5 min	Walk 10
	pace		Workout:	Workout:	Workout:		Workout:	min
			Run 8	Run 9	Run 7		Run 7	Workout:
			minutes,	minutes,	minutes,		minutes,	Run 24
			Walk 1	Walk 1	Walk 1		Walk 1	minutes
			minute;	minute; Repeat 2x	minute;		minute; Repeat 2x	Cool-down:
			Repeat 2x Cool-down:	Cool-down:	Repeat 2x Cool-down:		Cool-down:	Walk 5
			Walk 5	Walk 5	Walk 5		Walk 5	minutes
			minutes	minutes	minutes		minutes	
		1	minutes	minutes	minutes		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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