

## Return to Running

	<b>Walk</b>	<b>Jog</b>	<b>Walk</b>
Step 1	10 minutes		
Step 2	20 minutes		
Step 3	10 minutes	10 minutes	10 minutes
Step 4	5 minutes	20 minutes	5 minutes
	<b>Intensity</b>	<b>Duration</b>	<b>Frequency</b>
Step 5	50%	30 minutes	QOD
Step 6	75%	30 minutes	QOD
Step 7	75%	40 minutes	QOD
Step 8	100%	40 minutes	QOD
Step 9	100%	50 minutes	QOD
Step 10	100%	60 minutes	QOD
Return To Full Training			

### **Legend**

QOD = every other day

Jog = 14:00/mile

50% = 12:00/mile

75% = 10:00/mile

100% = usual training pace

**You must do two workouts at each level and if there is no problem advance to next step.** If there is a problem with the increase, decrease to the previous step. If the pain persists, call me.

As a general rule, I suggest that no one who has experienced a stress related injury run more than 5 days per week. Cross training is a very good option for the off days.

Hope this is helpful.