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## Return to Running Program

### Program:

1. Go through a good warm up routine before each workout
2. Work below your 'break point'
3. Allow AT LEAST one rest day between each run (until noted otherwise)
4. Complete each stage two times PAIN-FREE
5. Progress gradually when comfortable to do so. If you have pain with a certain stage, you must continue to work on that particular stage until completed pain-free
6. Cross-train with non-impact activities on the "off-days"

<u>Stage</u>	<u>Walk</u>	<u>Run</u>	<u>Sets</u>
One	4 minutes	1 minute	4
Two	3 min	2 min	4
Three	2 min	3 min	4
Four	1 min	4 min	4
Five	warm up	20 min	1

Once you've reached the point of running without rest breaks, build up by 5 minute increments every week until you've reached your goal time. Continue to take a day off between runs until your goal is met.

Upon successfully meeting this goal, you can start increasing speed to achieve your desired mile splits and start running 5 days per week.

### Injury Prevention:

- 80% of running injuries are caused by too much, too soon; don't increase mileage or speed too quickly. Joggers/runners should increase their total weekly running amount by no more than 10%
- The cardiovascular system adjusts to stress quicker than the joints. Respect any pain, listen to the body
- Get a good pair of running sneakers and change them every 300-400 miles.
- Run on soft, flat surfaces whenever possible. Treadmill training is fine