



## Return to Run progressive program

---

*This is an example of a progressive program for return to run, working on elements of endurance/ speed and speed-endurance and should be used with clinical judgement. It was written with influence from Tom Goom, Benoy Matthews and Mick Hughes' return to run programs.*

### **Phase 1 – Walk to Jog**

This is the preparatory phase. By this stage you must be able to walk independently taking your weight equally on each leg whilst walking and be using no walking aids. You should have close to full range of movement at each joint and good muscle strength around all joints. This will be assessed by your Physiotherapist. Continue with your stretches and general strengthening as advised. Work through this phase in numerical order.

1. Walking at a higher pace for 10 -15 seconds at a time with 1 min easy, repeat x 5. Slowly build up the length or the faster paced walk until you are walking for 4-5 minutes at a time.
2. Plyometrics – under supervision of a physiotherapist work on technique for early plyometrics. Once competent these should be done 2-3 times per week independently.
  - Squat to step forward- land on one leg x5-10 each leg
  - mini skaters- side to side steps –x 5-10 each leg
  - squat jump –x5-10 each leg
3. Under supervision of a physiotherapist – try some jogging in a straight line on a soft surface. Aim to take equal weight through each leg as you are jogging.
4. Begin by doing 30m jog throughs with walk back recovery. Repeat this x 5 building up to x 15.
5. Plyometrics
  - Hopping each leg x5 -10 hops
  - Hopping forwards and backwards each leg x 5 -10
  - Hopping sideways x 5 - 10 each leg.
 5 mins rest and repeat.
6. Begin extending the length of the jog up in 10m increments until you are jogging 100m with walk back recoveries x15.
7. Next begin jogging for 1 minute in a straight line then walking for 2 mins. Repeat x 2 the first time, building up to x5-6

### **Phase 2 – Jogging**

This phase is designed to build on the tissue capacity to withstand the impact of jogging and also build on your endurance. Work on these exercises alongside your early plyometrics and your stretches and strengthening exercises that you have been

given. Complete all progressions in this phase but mix and match sessions in no particular order.

No.	Description	Reps	Sets	Recovery	√
1	30 seconds jog, 2 min walk	5-7	1	Initially 2 min walk, decrease walk recovery by 10-15 seconds each session.	
2	2 min jog	5-7	1	4 min walk recov decreasing by 30 seconds each session to 2 min walk	
3	3 min jog, increasing jog time by 30 seconds each session to 6 min jog	2-4	1	3 min walk	
4	30m jog throughs- increasing pace from 20% to 60% pace increasing by 10% increments each time	10-15	1	Walk back recovery	
5	Backwards jog- 60m (or as long as available)	5-10	1	Walk back recovery	

### **Phase 3 – Jog to Run**

This phase is designed to develop endurance and work on increasing tempo

- intermediate level plyometrics
  - hopping
  - skaters
  - bunny hops
  - skipping
  - squat to hop
  - reverse lunge to pop up
  - bounding
- 

No.	Description	Reps	Sets	Recovery	√
1	60m jog throughs at 60% pace, building to x 80%	10	1-2	Walk back recovery	
2	5 min jog, building up by 1 min each time up to 20 mins	2	1-2	2-3 min walk	
3	4 min run, increasing pace each session	5-8	1-2	2 min walk	
4	3 min runs, building pace as able	5-8	1-2	90 sec walk recovery- eventually 90 sec jog recovery	
5	Backwards jog- higher pace than stage 2	10	1-2	Walk back recovery	

6	2 min runs, building pace as able	5-8	1-2	1 min recovery	
7	Forwards into backwards jog 10-15m, building pace and distance to around 30m	8-10	1-2	30sec-1min recoverys	
8	Sideways/ lateral shuffle – start 10-15m slow- build pace and distance to 30m	8-10	1-2	2 mins between sets	
9	Multidirectional running in 4 planes. Start 10 m – increase distance and pace. Add in cone tap in each direction. 1 min reps.	3-4	1	1-2 mins between sets	

\*\*\*May be useful to incorporate some cross training to reduce the overload of returning to running- (e.g. cycling/ cross trainer/ swim) -3-5 min efforts (helps to reduce overload) x 3-5 with 2-3 min recoveries (and build up).

#### **Phase 4 - Running**

This phase is designed to build running capacity and CV fitness. It should be tweaked to suit the sport specific demands. It can be adjusted with the help of your physiotherapist and or coach.

No.	Description	Reps	Sets	Recovery	√
1	60m sprints – 80-90% pace	10	1-2	Walk back recovery	
2	5 min fartlek (30 sec run, 30 sec jog, building pace of run as able)	2	1-2	2-3 min walk	
3	4 min run, increasing pace each session	5-8	1-2	90 sec walk recovery	
4	3 min runs, building pace as able	5-8	1-2	60 sec jog recovery	
5	Clock session (30 sec run; 60 sec run, 90 sec run, 120 sec run)	1 clock	1-3	60 sec recovery between clock reps and 3 min between sets	
6	1 min runs x 3; 2min run x 2; 3 min run	1	2-4	1 min recovery between runs and 5 min between sets	
7	Steady distance effort- build distance as able.	1	1	No recovery required - ? start at 2-3km and build distance as required each session	
8	1 mile tempo run; 4 x 400m efforts; 1 mile tempo	1	1-2	2 mins between reps; 5 mins between sets.	

9	Multidirectional running in 4 planes. Start 10 m – increase distance and pace. Cone tap in each direction. 1 min reps.	3-4	1	1-2 mins between sets	
---	--	-----	---	-----------------------	--