



NINE-WEEK RETURN TO RUNNING

Follow this nine-week regimen to return to running after injury. If you have any questions or concerns, please call our office at 615.467.4636.

Week 1

- Walk 1-2 miles
- Alternate between walking fast 1 minute and 1 minute at a normal pace

Week 2

- Walk 2-3 miles
- Alternate between walking fast 1.5 minutes and 1.5 minutes at a normal pace
- If you are able, you may jog in lieu of fast-walking

Week 3

- Continue week 2 regimen
- If you are doing well, substitute (but do not add) a 10-minute jog every other day in lieu of walking and/or jogging

Week 4

- Continue week 3 regimen
- Jog 15 minutes every other day in lieu of walking and/or jogging

Week 5

- Jog 15 minutes one day
- Jog 25 minutes the next day

Week 6

- Jog 20 minutes one day
- Jog 30 minutes the next day

Week 7

- Jog 20 minutes one day
- Jog 35 minutes the next day

Week 8

- Jog 30 minutes one day
- Jog 40 minutes the next day

Week 9

- Resume training at appropriate duration, intensity and frequency

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