



## Walk/Run Programme For Return From Injury

### Why the walking component is important

The muscles and ligaments can take several months to reach their full strength. The periods of walking allow the tissue to recover between the running bouts and will allow you to strengthen your injured body part without reaching its breaking point.

This said, my patients can usually progress to running a continuous 20 minutes within 3 weeks of starting the programme.

### The Rules:

1. Only start this programme if you can hop 10 times, without pain, on your injured leg.
2. Your first session should only be 10 minutes long. During the following sessions, you'll first increase the total time of the session by 2 minutes until you reach a total of 20 minutes. Once you reach 20 minutes, you increase the duration of the run periods, but the total time should not exceed 20 minutes.
3. If you feel more than a 3/10 discomfort during the run periods, stop and finish the rest of the session by walking only.
4. You are only allowed to increase the time of a session or duration of the running sections if you did not experience any increase in pain during or after the session - including the following day.
5. Only run/walk on alternate days. You can have more rest days between sessions if you feel you need it.
6. If a session was absolutely OK, you can immediately progress it during the following session. If not, you should repeat the session a couple of days later until you can do it pain free.



## Walk/Run programme for return from injury:

- Day 1: 1min Run / 1min Walk x 5 = 10min in total
- Day 2: Rest
- Day 3: 1min Run / 1min Walk x 6 = 12min in total
- Day 4: Rest
- Day 5: 1min Run / 1min Walk x 7 = 14min in total
- Day 6: Rest
- Day 7: 1min Run / 1min Walk x 8 = 16min in total
- Day 8: Rest
- Day 9: 1min Run / 1min Walk x 9 = 18min in total
- Day 10: Rest
- Day 11: 1min Run / 1min Walk x 10 = 20min in total
- Day 12: Rest
- Day 13: 2min Run / 1min Walk x 7 = 20min in total
- Day 14: Rest
- Day 15: 3min Run / 1min Walk x5 = 20min in total
- Day 16: Rest
- Day 17: 4min Run / 1min Walk x4 = 20min in total
- Day 18: Rest
- Day 19: 20min Run

You can now slowly increase the total running time. Remember to use the 10% rule and not to increase your total weekly volume by more than 10%.