

Return to Running Progression

Criteria to Start Return to Running Progression

If performing this progression following surgery, please refer to protocol specific criteria; if not following surgery, please see recommended criteria to initiate progression safely:

1. Perform a single limb squat (knee flexion 90-30) with heavy resistance cord for one minute with good neuromuscular control as per Vail Sport Cord criteria (testing protocol online)
2. Be able to perform 30 single leg calf jumps with minimal assistance for balance
3. Be able to hold a plank for 1 minute
4. Complete jump landing progression with good neuromuscular control

Key Considerations

Running Surface

Running should be performed in straight lines only with no cutting or sharp turns. The program should be performed on flat, level surfaces free of major distractions such as people or heavily trafficked roads. Track curves are acceptable running surface, if not banked through the turns. Running may also be performed on a treadmill if weather or area is unsafe to be performed outdoors.

Cardiovascular Training

This program is not designed to serve as the sole means for cardiovascular training following injury. On days when running is not performed, unweighted cardiovascular training (cycling, elliptical, etc.) should be performed to maintain cardiovascular endurance while building tolerance to running.

Progression

The goal of this interval running program is to progress back to continuous running without symptom provocation. The program is to be completed on non-consecutive days, allowing for at least one day of rest between running sessions. **Each level of the program must be completed 3 times without symptom provocation before progressing to the next level.**

Level	Running Time	Walking Time	Sets	Intensity
1	1 minute	2-3 minutes	3 sets	RPE 4-5
2	2 minutes	2-3 minutes	4 sets	RPE 5-6
3	3 minutes	2 minutes	3 sets	RPE 5-6
4	5 minutes	2 minutes	3 sets	RPE 6-7
5	5 minutes	2 minutes	4 sets	RPE 7-8

Soreness Progression Criteria	
If no soreness	Advance to next stage
If sore during warm-up but soreness is gone after warm-up	Repeat previous stage
If sore during warm-up and soreness continues after warm-up	STOP ; take 2 days off, and drop DOWN one stage
If soreness begins more than 1 hour after running, or the next day	Take 1 day off; repeat most recent stage

RPE	Rate of Perceived Exertion
1	Very Light Activity Hardly any exertion, but more than sleeping, slow walk, etc.
2-3	Light Activity Feels like you can maintain for hours, easy to breath and carry a conversation.
4-6	Moderate Activity Breathing heavily, can hold a short conversation. Still somewhat comfortable, but becoming noticeably more challenging.
7-8	Vigorous Activity Borderline uncomfortable. Short of breath, can speak a sentence.
9	Very Hard Activity Very difficulty to maintain exercise intensity. Can barely breathe and speak only a few words.
10	Max effort Activity Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time.

