



DeWitt Army Community Hospital
Sports Medicine Clinic
Return to Running Program



General Guidelines

1. Use running shoes, not court shoes or cross-trainers. Begin at an easy pace on level surfaces
2. Each phase of the program must be completed twice- do not begin the next phase until you have finished the previous phase twice.
3. Do not run/walk more than every other day.
4. Decrease to prior phase if increased pain, swelling, or stiffness are noted, especially while running, and if symptoms are present by the next morning.
5. After phase VIII gradually begin to increase running without walking.
6. No hills until at least 3 weeks after phase VIII
7. No daily running until at least 3 weeks after phase VIII



Program Phases

- I. Walk 2 miles at your own pace
- II. Progress to walking 2 miles in 35 minutes
- III. Walk $\frac{1}{4}$ Run $\frac{1}{4}$ Walk $\frac{1}{4}$ Run $\frac{1}{4}$
- IV. Walk $\frac{1}{4}$ Run $\frac{1}{4}$ Walk $\frac{1}{4}$ Run $\frac{1}{4}$ Walk $\frac{1}{4}$ Run $\frac{1}{4}$ Walk $\frac{1}{4}$ Run $\frac{1}{4}$
- V. Walk $\frac{1}{4}$ Run $\frac{1}{2}$ Walk $\frac{1}{4}$ Run $\frac{1}{2}$ Walk $\frac{1}{4}$ Run $\frac{1}{2}$
- VI. Walk $\frac{1}{4}$ Run $\frac{1}{4}$ Walk $\frac{1}{4}$ Run $\frac{3}{4}$
- VII. Walk $\frac{1}{4}$ Run 1 Walk $\frac{1}{4}$ Run 1
- VIII. Walk $\frac{1}{4}$ Run 1 Walk $\frac{1}{4}$ Run 1 Walk $\frac{1}{4}$ Run 1

