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RUNNING PROGRESSION PROTOCOL

The follow running progression is recommended on the treadmill first. If you have pain with any of the bouts then stop running and await assessment by your therapist. There should be at least 1 day in between bouts to assess for aching. If the knee aches, wait until the following week to progress and check with your therapist. Stretching should be done before and after running.

3 x 30 seconds at 6.5 mph
3 sets of 45 seconds at 6.5 mph
2 sets of 1 minute bouts at 6.5 mph
2 sets of 1 minute and 30 seconds at 6.0 mph
2 sets of 2 minutes at 5.5-6.0 mph
3 sets of 2.5 minutes at 5.5-6.0 mph
2 sets of 3 minutes at 5.5-6.0 mph
1 set of 5 minutes at 5.0-5.5 mph
1 set of 7 minutes at 5.0-5.5-6.0 mph

*Once you achieve 7 minutes, you can attempt 7-10 minutes of running outside (preferably on a track).

***If you have swelling or aching to the knee with any of the running progressions then take a rest day and return to the phase prior.**

Agility Work *3 sets each (20 ft)

Agility Ladder:

In and Outs, Quick Feet, Jumps In and Out, Quick Steps, Carioca

If no Agility Ladder:

High Knees, Side Shuffles, Forward Jog / Backpeddle Back, Skipping, Carioca

Planning your workout:

Day 1, 4: Running - Agility Day: Running, agilities, foam roller, stretches and side stepping

Day 2, 5: Strength Training Day

Day 3, 6: Rest day