

# RUN PROGRESSION

T.E.A.M. Clinic Sports Therapy Group

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**GOAL:** To safely progress running mileage/intensity to pre-injury levels.

**PROGRESSION:** T.E.A.M follows the “**Periodization Model**” to the run progression.

**FREQUENCY:** 3X/week – alternating days

<b>WEEK #1</b>	<b>1 mile</b> Or 25% (pre-injury distance - PID)	Treadmill / Aquatic Program ➤ <b>Continuous or Intervals:</b> <ul style="list-style-type: none"> <li>○ <b>Walk:</b> 5mins-10mins</li> <li>○ <b>Walk/Run:</b> 1min: 1min x 5-8</li> <li>○ <b>Walk:</b> 5-10mins (Cool-Down)</li> </ul>	<b>3x/week</b>  <b>(Pain Free)</b>
<b>WEEK #2</b>	<b>2 miles</b> Or 50% (PID)	<b>Treadmill Only</b>	<b>3x/week</b>  <b>(Pain Free)</b>
<b>WEEK #3</b>	<b>3 miles to 4 miles</b> Or 75% (PID)	Treadmill/Track/Trail	<b>3x/week</b>  <b>(Pain Free)</b>
<b>WEEK #4</b>	<b>4 miles to 6 miles</b> Or 100% (PID)	<b>Day 1: Treadmill</b> <b>Day 2: Trail</b> <b>Day 3: Road</b>	<b>3x/week</b>  <b>(Pain Free)</b>

## RULES:

- ❑ Activity should be *pain free*, although some mild discomfort/tightness may be associated due to the “de-conditioning effect”. (See Below)
- ❑ “**Good Pain**” vs. “**Bad Pain**”:
  - “**Good Pain**”: slowly seems to dissipate with run
  - “**Bad Pain**”: pain that is persistent more than 1-2 mins or gets worse
  - “**STOP Criteria**”: pain that alters gait pattern or doesn’t improve with stretching
- ❑ If relatively **pain-free** following **3 alternating run sessions**, progress to following week prescription.
- ❑ Activity should be performed on *alternating days* with a minimum of 48 hours between sessions.
- ❑ **Week #3-4:** Run sessions can be performed on different surfaces (Day #1: Treadmill, Day #2: Track, Day #3: Road).
- ❑ Intensity should vary on each individual day to allow for optimal neuromuscular response and to limit re-injury. (i.e: **Day #1:** 50% Max, **Day #2:** 75% Max, **Day #3:** 90% Max).

## WARM-UP:

- ❑ **Foam Roll/Myofascial Ball Therapy** – lower extremity (see attached)
- ❑ **Light walk** (2-5 mins)
- ❑ **Stretching** – suggested lower extremity stretches

## COOL-DOWN:

- ❑ Repeat warm up procedure
- ❑ Ice protocol – post run (10-15mins/per hour – repeat 2-4 times)