

Return to Running Progression

Treadmill or Flat ground Running Progression

- Level 1** 0.1 miles walk and 0.1 miles jog: repeat 10 times
- Level 2** Alternate 0.1 miles walk and 0.2 miles jog: 2 miles total
- Level 3** Alternate 0.1 miles walk and 0.3 miles jog: 2 miles total
- Level 4** Alternate 0.1 miles walk and 0.4 miles jog: 2 miles total
- Level 5** Jog 2 full miles
- Level 6** Increase workout to 2.5 miles
- Level 7** Increase workout to 3 miles
- Level 8** Alternate between running and jogging every 0.25 miles

Instructions: Mandatory 2-day rest between workouts for the first 2 weeks
Do not advance more than 2 levels per week
2 days rest mandatory between levels 1, 2, and 3 workouts
1 day rest mandatory between levels 4 to 8 workouts
Follow Pain rules

Track Running Progression

- Level 1** Jog straights and walk curves: 2 miles total
- Level 2** Jog straights and jog 1 curve every other lap: 2 miles total
- Level 3** Jog straights and jog 1 curve every lap: 2 miles total
- Level 4** Jog 1.75 laps and walk curves: 2 miles total
- Level 5** Jog 2 miles
- Level 6** Increase workout to 2.5 miles
- Level 7** Increase workout to 3 miles
- Level 8** Increase speed on straights and jog curves

Instructions: Adhere to same instructions as treadmill running progression

*Pain Rules:

Criterion	Action
Pain during warm-up that continues	→ 2 days off drop down 1 level
Pain during warm-up that goes away	→ Stay at level that led to pain
Pain during warm-up that goes away but redevelops during session	→ 2 days off drop down 1 level
Pain the day after running	→ 1 day off, do not advance to the next (not muscle soreness) –(if pain lasts greater than 1 day, take 2 days off and drop down a level)
No Pain	→ Advance 1 Level per week