



OrthoVirginia

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*****Run/Walk program*****

- **The purpose is to guide the return to happy successful running from the return of an injury or lack of running**
- **Your doctor will place you in the correct stage of this plan that they feel is the most appropriate for you. This is a dynamic process and will need adjustment.**
- **If you are returning from a stress fracture or repetitive load injury we suggest you have a gait analysis and shoe check early in this process to prevent recurrence.**
- **You can help your fitness by deep well running and doing a core program during the diminished run workouts.**

*****Rules of progression*****

1. **Each stage should last 1 week. You can obviously progress the total time by increasing the interval. In stages 1-8 do not increase the interval by more than one.**
2. **If you have pain, skip a run (3 days) and return to the previous stage. If you still have pain at that lower stage, please notify your doctor.**

*****Interval Running Program*****

Stage 1-3: are steady walk with good arm swing and gait (try to keep within 20rpm of normal run gait). The run is very easy to work on your form. This should be done no more than 3 times per week and on even, predictable surface.

Stage 1: 3 min walk/ 1 min run x ____

Stage 2: 2 min walk/ 1 min run x ____

Stage 3: 2 min walk/ 2 min run x ____

Stage 4-7: are jogging steady or Zone 2 (no intensity); the walk is good form and good arm swing. This should be done no more than 4 times per week.

Stage 4: 4 min run /R 1min walk x ____

Stage 5: 6 min run/ 1 min walk x ____

Stage 6: 7 min run/ 1 min walk x ____

Stage 7: 8 min run/ 1 min walk x ____

Stage 8: 9 min run/ 1 min walk x ____

The athlete should use the 8/1 or 9/1 to build to a desired time. We suggest 45-60 min

Remember this is slow to steady pace

Stages 8-10: The run pace intensity can increase by adding strides focusing on perfect form. Terrain can vary. This should be 75-85% of normal pace prior to injury. The walk is same as above. You may want to do a shorter steady run without breaks on other training days.

Stage 8 -7 min run/45 sec walk x ____ with ____ x strides @ ____

Stage 9 -8 min run/45 sec walk x ____ with ____ x strides @ ____

Stage 10-9 min run /45 sec. walk x ____ with ____ x strides @ ____

Stages 11-14: This progression is meant to longer race pace with scheduled rest. This would be normal run/walk training for a marathon, half marathon, Ironman, or half Ironman.

Stage 11 7 min run/ 45 second walk x ____

Stage 12 8min run/ 45 sec walk x ____

Stage 13 9 min run / 45 sec walk x ____

Stages 14 and 15: The athlete should decide where they want their nutrition and interval to match that plan. Build the time to match the event .

Example 1: I plan on running 730/mile marathon pace and I want to walk for nutrition every 2 miles. That would give 15 min run/1 min walk.

Example 2: I plan on running 9 min/ mile for Ironman and walk 30 seconds through the aid stations. This would give 9 minute run/30 second walk.

Stage 14 15 min run / 1 min walk x ____

Stage 15 ____min run/1 min walk