

Intermediate Return To Running Program

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Walk 5 min Run 1 min Repeat 5x	OFF	Walk 5 min Run 1 min Repeat 5x	OFF	Walk 4 min Run 2 min Repeat 5x	OFF	Walk 4 min Run 2 min Repeat 5x
2	OFF	Walk 3 min Run 3 min Repeat 5x	OFF	Walk 3 min Run 3 min Repeat 5x	OFF	Walk 2.5 min Run 5 min Repeat 5x	OFF
3	Walk 10 min Run 5 min Walk 5 min Run 5 min	Run in water or other training	Run in water or other training	Walk 5 min Run 5 min Repeat 3x	Run in water or other training	Run in water or other training	Walk 3 min Run 7 min Repeat 3x
4	Run in water or other training	Walk 2 min Run 8 min Repeat 3x	Run in water or other training	Walk 2 min Run 10 min Repeat 3x	Run in water or other training	Run 12 min Walk 2 min Repeat 2x Run 10 min	Run in water or other training
5	Run 15 min Walk 2 min Run 15 min	Run in water or other training	Run 20 min Walk 2 min Run 10 min	Run in water or other training	Run 25 min	Run in water or other training	Run 30 min
6	Run in water or other training	Run 25 min	Run 30 min	Run in water or other training	Run 25 min	Run 35 min	Run in water or other training
7	Run 30 min	Run 35 min	Run in water or other training	Run 30 min + 6x100m strideouts	Run 30 min	Run 40 min	Run in water or other training
8	Tempo Run (15 min warmup, 15 min @ 15km race pace)	Run 30 min	Run 45 min	Run in water or other training	Run 40 min + 6x100m strideouts	Run 30 min	Run 50 min
9	Run in water or other training	Run 35 min	Tempo Run (15 min warmup, 20 min @ 15km race pace)	Run 35 min	Run in water or other training	Run 40 min + 6x100m strideouts	Run 55 min

Partially based on a program found at <http://pfitzinger.com/labreports/stressfracture.shtml>

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