

RETURN TO RUNNING

AFTER INJURY TRAINING PLAN

WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	rest	strength training	1:4 minutes, 3 sets	rest	1:4 minutes, 3 sets	strength training	1:4 minutes, 3 sets
2	rest	strength training	2:3 minutes, 3 sets	rest	2:3 minutes, 3 sets	strength training	2:3 minutes, 3 sets
3	rest	strength training	3:2 minutes, 3 sets	rest	3:2 minutes, 3 sets	strength training	3:2 minutes, 3 sets
4	rest	strength training	4:1 minute, 3 sets	rest	4:1 minute, 3 sets	strength training	4:1 minute, 3 sets
5	rest	strength training	15 minute run	rest	15 minute run	strength training	15 minute run

Ratio: running minutes : walking minutes

RULES

- NO pain over a 3/10 while performing running.
- If you have pain, it needs to improve in 24 hours or less with rest, ice, heat, etc. If not, speak with your physical therapist.
- After week 5, progress your time by 10% to 30% percent per week until you are able to run 30 minutes with 3/10 pain or less.
 - Before progressing, complete 2 identical runs without any pain
 - Choose either time or distance, but only one
- Once you are to 30 minutes then either:
 - Continue to build duration or stay with 30 minutes and increase speed
 - Once you have achieved your duration and speed, add hills or terrain

STRENGTH TRAINING – BEGINNER

- Single leg squats off a chair | **3 sets of 8**
- Side plank | **3 sets of 15 seconds**
- Single-leg heel raise | **3 sets of 15**
- Side-step down | **3 sets of 10**
- Lunges | **2 sets of 15**

ALTERNATE STRENGTH TRAINING

Gambetta Leg work out
www.functionalpathtrainingblog.com

WEEK	BODY WEIGHT SQUATS	LUNGE	STEP UP	JUMP SQUAT	NUMBER OF CIRCUITS	INSTRUCTIONS
1	10	5 each leg	5 each leg	5	3	30-second rest between exercises, 1-minute rest between circuits
2	10	5 each leg	5 each leg	5	5	30-second rest between exercises, 1-minute rest between circuits
3	10	5 each leg	5 each leg	5	3	NO rest between exercises, 1-minute rest between circuits
4	10	5 each leg	5 each leg	5	5	NO rest between exercises, 1-minute rest between circuits
5	15	8 each leg	8 each leg	8	5	30-second rest between exercises, 1-minute rest between circuits
	20	10	10	10	5	NO rest between exercises, 1-minute rest between circuits
6	20	10	10	10	5	30-second rest between exercises, 1-minute rest between circuits
	20	10	10	10	5	NO rest between exercises, 1-minute rest between circuits

