

Return to Running Program

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General Guidelines:

1. Ice after running if you have an injury.
2. Stretch before and after running.
3. Start running on level surfaces. Gradually work into hills as able.
4. No pain while you are running.
5. Run with short quick strides with a cadence of 120-160 steps per minute.

Week 1

- 1st run: Repeat 3 times: 4 minute walk, 1 minute run. Rest one day.
2nd run: Repeat 3 times: 3 minute walk, 2 minute run. Rest one day.
3rd run: Repeat 3 times: 2 minute walk 3 minute run. Rest one day.

Week 2

- 1st run: Repeat 4 times: 1 minute walk, 4 minute run. Rest one day.
2nd run: Repeat 3 times: 1 minute walk, 5 minute run. Rest one day.
3rd run: Repeat 3 times: 1 minute walk, 6 minute run. Rest one day.

Week 3

- 1st run: Repeat 3 times: 1 minute walk, 7 minute run. Rest one day.
2nd run: Repeat 2 times: 1 minute walk, 8 minute run. Rest one day.
3rd run: Repeat 2 times: 1 minute walk, 10 minute run. Rest one day.

Week 4

- 1st run: 3 minute walk, 12 minute run. Rest one day.
2nd run: 3 minute walk, 15 minute run. Rest one day.
3rd run: 3 minute walk, 18 minute run. Rest one day.

Week 5

- 1st run: 3 minute walk, 20 minute run. Rest one day.
2nd run: 3 minute walk, 20 minute run. Rest one day.
3rd run: 3 minute walk, 20 minute run. Rest one day.