

Return to Running Program

This program is designed to help distance runners return to training after a running-related injury (RRI).

A framework is provided to assist with decision making in the context of pain.

Aim to complete each level twice before progressing to the next.

Runs should initially be done on non-consecutive days.

Make sure to warm-up and cool down with 10' and 5' of fitness walking (3-3.5mph with arms pumping), respectively.

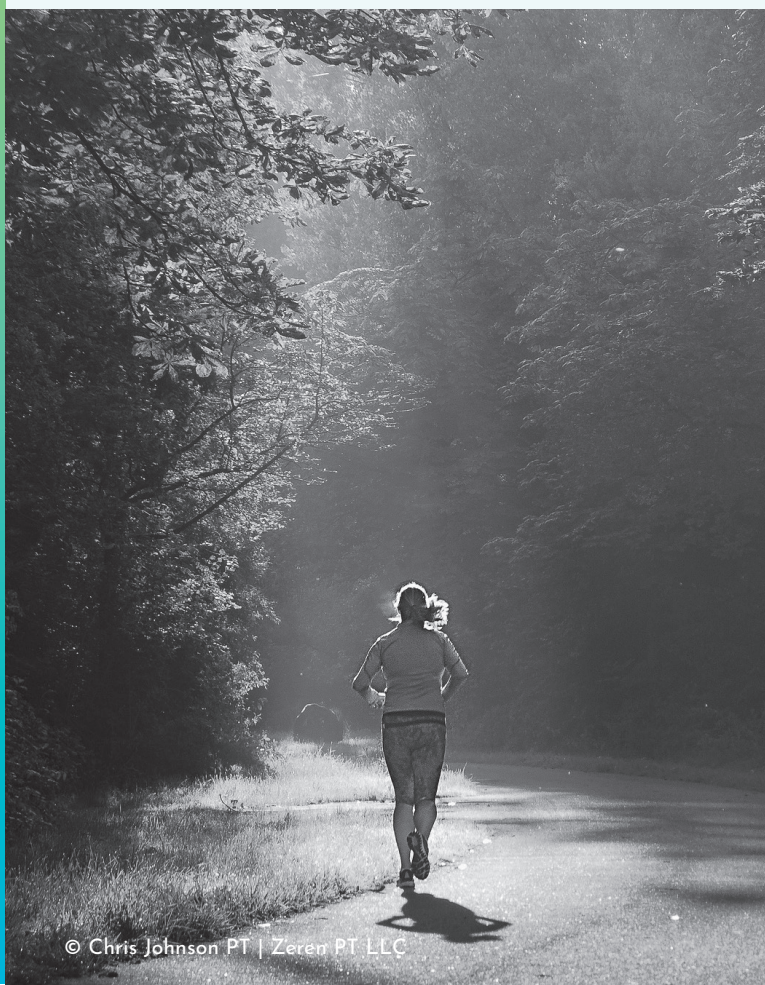
In terms of intensity, aim to target 3-4/10 on the RPE scale listed below unless otherwise directed by your therapist or coach.

On non-running days, perform any prescribed exercises/drills.

The starting point and rate at which you progress through the program will depend on your unique situation, health, and functional status at the inception of the program as well as your tolerance to the workloads.

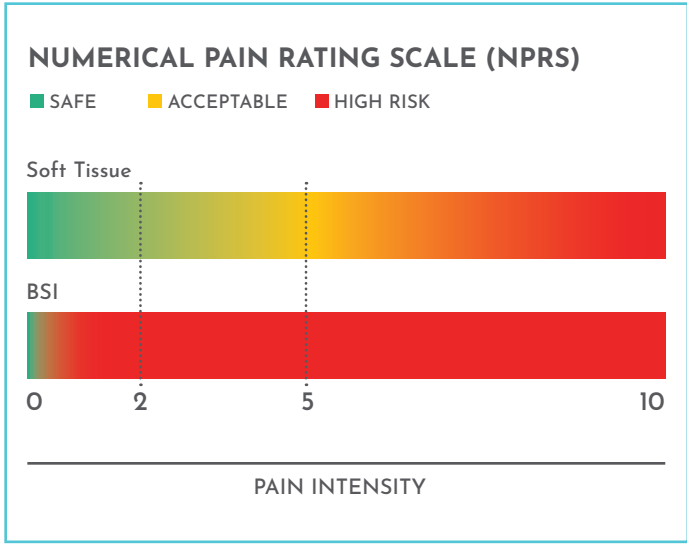
The concept of session rating of perceived exertion (sRPE) is also introduced to help runners become acquainted with this practical form of monitoring training workloads as one resumes consistent training.

LEVEL	RUN	WALK	REPEAT	TOTAL
1	1'	3'	10x	40'
2	2'	2'	10x	40'
3	3'	1'	10x	40'
4	4'	1'	8x	40'
5	5'	1'	7x	42'
6	6'	1'	6x	42'
7	7'	1'	6x	48'
8	8'	1'	6x	54'
9	9'	1'	6x	60'
10	45	N/A	N/A	45'



GROUND RULES RELATED TO PAIN & RUNNING

PAIN MONITORING MODEL



SOFT TISSUE RRIS:

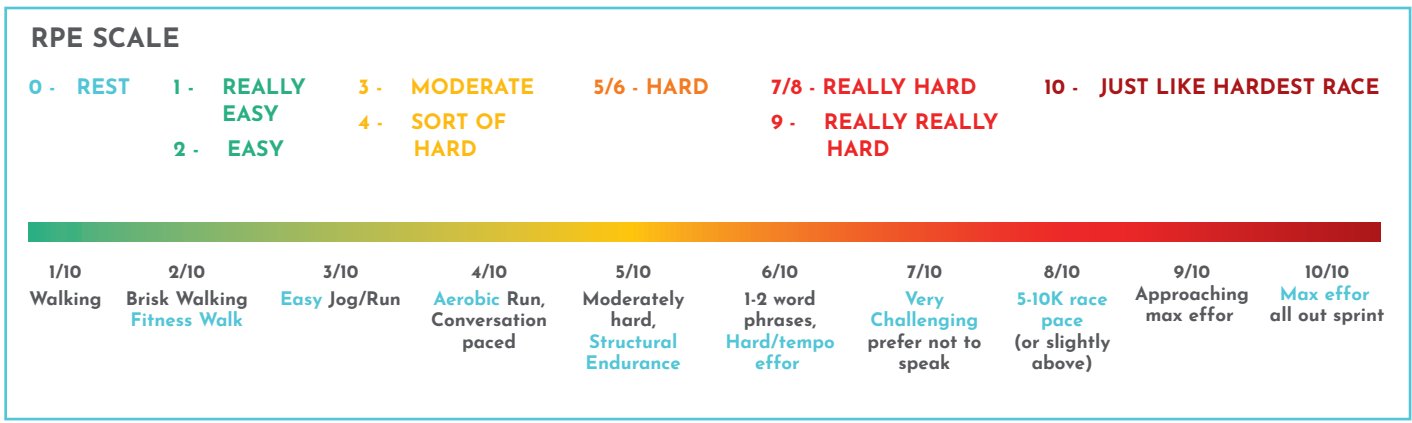
- If the pain that you experience while running is “acceptable,” remains stable, does not lead to altered mechanics, and returns to baseline within 24hrs, remain at the same level until you tolerate it.
- If the pain that you experience while running escalates and/or becomes “unacceptable,” discontinue the session and contact your therapist to determine appropriate modifications and best next steps.
- If you ever experience pain that progressively worsens to the point of adopting altered mechanics and/or results in the use of NSAIDs or pain medication for relief, stop running immediately and contact your therapist.

BONE STRESS INJURIES (BSIS)

- The only safe and acceptable pain level is 0/10 during, after, and the day after loading.

SESSION RPE (SRPE)

sRPE = Exercise duration (min) x RPE scale
Example: 40 min run @ 4/10 RPE = (40)(4) or 160 arbitrary units



REFERENCES

1. Silbernagel et al. AJSM 2007
2. Warden et al. JOSPT 2021
3. Foster et al. JSCR 2001
4. Personal communication with Joel Sattgast PT, DPT, OCS

Developed in conjunction with Joel Sattgast/
Trexo PT & Performance

