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RETURN TO RUNNING PROGRAM FOR INJURED RUNNERS

General instructions:
Walking program prior to running: You should be walking 30 minutes pain free at least 3x/week.
Some discomfort is OK, but no limping because of pain.
Start each walk/run session with a 5 minute walk, end with 3-5 minute walk.
Stretch and ice after the run as needed.
Try to run every other day or 3 days/week. If you do every other day you can count 6 days as a week.
Absolutely no speedwork or testing your speed until after 1 month of painfree running

Week 1: [Run 1 minute, Walk 2 minutes] repeat 8 times

Week 2: [Run 2 minutes, Walk 2 minutes] repeat 5 times

Week 3: [Run 4 minutes, Walk 2 minutes] repeat 3 times, 4 times on the last session of the week

Week 4: [Run 6 minutes, Walk 2 minutes] repeat 3 times

Week 5: [Run 8 minutes, Walk 2 minutes] repeat 3 times

Week 6: 20-30 minute run

Week 7-10: 30-45 minute run

After that you can increase distance by 10% total per week or 20% on one run/week