



GUIDE TO RETURN TO RUNNING AFTER INJURY

LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
Run 2 min then walk 1 min. Repeat 5 times.	Run 2 min then walk 1 min. Repeat 7 times.	Run 2 min then walk 1 min. Repeat 10 times.	Run 3 min then walk 1 min, Repeat 7 times.	Run 4 min then walk 1 min. Repeat 5 times.
LEVEL 6	LEVEL 7	LEVEL 8	LEVEL 9	LEVEL 10
Run 4 min then walk 1 min. Repeat 7 times.	Run 4 min then walk 1 min, Repeat 10 times.	Run 6 min then walk 1 min. Repeat 6 times.	Run 6 mins then walk 1 min. Repeat 8 times.	Run 8 min then walk 1 min. Repeat 6 times.
LEVEL 11	LEVEL 12	LEVEL 13	LEVEL 14	LEVEL 15
Run 10 min then walk 1 min. Repeat 4 times.	Run 12 min then walk 1 min. Repeat 4 times.	Run 15 min then walk 1 min. Repeat 4 times.	Run 20 min then walk 1 min. Repeat 3 times.	Run 35-40 min. No walk breaks.

- Level 1 = total running volume of 10min. Level 2 = total running volume of 14 min.
- You need to repeat each level of this table twice with no increase in symptoms before you progress to the next level. If your pain increases above a 2/10, then take a day off.
- Pain described as 2/10 is equal to a bit stiff and niggly but otherwise ok.
- We recommend you see a medical professional for injury diagnosis and combine this return to running guide with strength and rehab exercises suited to your injury.
- For full details on how to use the table and strength and rehab guidance visit,