

Return to Run 5k - After Surgery

Some running and sports injuries are more serious than others resulting in surgery. This program is designed for a runner/athlete who had to miss many months of running/training due to ACL reconstruction, hip labral repair, and achilles tendon repair.

Note - you should have met particular benchmarks including - single leg squats, step downs, multiplanar lunges, and single leg hopping and cleared by a sports medicine medical professional before participating in this program. Monitor for swelling and bone tenderness and address with your medical professional if present.

Workouts should begin with mobility, stretching, and dynamic warm up individualized to you. All runs in this program should be at an easy pace, no pushing, or speedwork. Minimize uphill and downhill running. Should not run consecutive days at this time.

If available it would be beneficial to the Alter G as a tool with returning to run. Particularly after surgery. The Alter G can help to gradually load your leg without limping or landing with a stiff ankle, knee, or hip when running overground. Absolutely no limping should be present with running overground.

The first week after completion of this program should be another deload/recovery week. From there you can continue to build. It is important to have a deload/recovery week every 4th week for adaptations and healing time. This program can be easily modified to span more weeks if less frequency and a slower progress is desired.

If you do not require to return to 5k training distance you may transition out of the program at any given distance.

Week	Run 1	Run 2	Run 3	Total Time Distance
1	Walk 1 min Run 1 min repeat to 8 mins	Walk 1 min Run 1 min repeat to 8 mins		16 mins
2	Walk 1 min run 90 seconds repeat to 10 mins	Walk 1 min Run 90 seconds repeat to 10 mins		20 mins
2	Walk 1 min Run 2 mins repeat to 12 mins	Walk 1 min Run 2 mins repeat to 15 mins		27 mins
4	Walk 1 min Run 3 mins repeat to 15 mins	Walk 1 min Run 3 mins repeat to 18 mins		33 mins
5 Deload	Walk 1 min Run 2 min for 10 mins	Walk 1 min Run 2 mins for 12 mins		22 mins
6	Walk 1 min run Run 4 mins repeat to 12 mins	Walk 1 min Run 4 mins repeat to 15 mins	Walk 1 min Run 5 mins repeat to 15 mins	42 mins
7	Walk 1 min Run 5 mins repeat to 20 mins	Walk 1 min Run 6 mins repeat to 20 mins	Walk 1 min Run .5 mile repeat to 1.5 miles	~40
8	Run .5 miles Walk 1 min repeat to 2 miles	Run .75 miles Walk 1 min repeat to 1.5 miles	Run .75 miles Walk 1 min run .75 miles Walk 1 min run .5 miles 2 miles total	5.5 miles
9 Deload	Walk 1 min Run 5 mins repeat to 1.5 miles	Walk 1 min Run 5 mins repeat to 1.5 miles	Walk 1 min Run 5 mins repeat to 1.5 miles	4.5 miles
10	Run .75 mile Walk 1 min run .75 miles Walk 1 min run .5 miles 2 miles total	Run 1 mile @alk 1 min repeat to 2 miles	Run 1 mile !alk 1 min run 1 mile Walk 1 min run .25 mile 2.25 miles total	6.25
11	Run 1.25 mile Walk 1 min repeat to 2.5 miles	Run 1.5 miles Walk 1 min repeat to 3 miles	Run 2 miles Walk 1 min Run .5 miles 2.5 miles Total	8
12	Run 2 miles Walk 1 min Run 1 mile 3 miles total	Run 2.5 miles Walk 1 min Run .5 miles 3 miles total	Run 3 miles! 😊	9