

Return to Run 5k - Bone and Tendon Injury

Some running injuries are more serious than others resulting in more time off and a requirement to gradually reload the injured bone, tendon, or muscle. This program is designed for a runner/athlete who had to miss 4 weeks of training or more due to tendinopathy, stress fracture, or other serious injury.

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. Should not run consecutive days at this time. Minimize uphill and downhill running. Absolutely no limping should be present in your running gait.

The second 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 zatt any given distance.

If you have access to an Alter G treadmill that would be beneficial to use as a return to run tool particularly with bone injuries.

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 10 mins	Walk 1 min Run 90 seconds repeat to 10 mins	28 mins
2	Walk 1 min Run 90 seconds repeat to 12 mins	Walk 1 min Run 2 mins repeat to 12 mins	Walk 1 min Run 2 mins repeat to 15 mins	39 mins
3	Walk 1 min Run 3 mins repeat to 15 mins	Walk 1 min Run 3 mins repeat to 15 mins	Walk 1 min run Run 4 mins repeat to 15 mins	45 mins
4 Deload	Walk 1 min Run 2 mins repeat to 10 mins	Walk 1 min Run 3 mins repeat to 10 mins	Walk 1 min run Run 4 mins repeat to 15 mins	35 mins
4	Walk 1 min Run 4 mins repeat to 15 mins	Walk 1 min Run 5 mins repeat to 15 mins	Walk 1 min Run 5 mins repeat to 20 mins	50 mins
5	Walk 1 min Run .5 mile repeat to 1.5 miles	Walk 1 min Run .5 mile repeat to 2 miles	Walk 1 min Run .75 mile repeat to 1.5 miles	5 miles
6	Run .75 mile Walk 1 min Run .75 miles !alk 1 min Run .5 miles 2 miles total	Run 1 mile Walk 1 min repeat to 2 miles	Run 1 mile Walk 1 min Run 1 mile Walk 1 min Run .25 mile 2.25 miles total	6.25 miles
7 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 2 miles	5 miles
8	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 miles
9	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 miles

This program was created by Stefanie Heyser, PT, DPT, ATC, RRCA Running Coach
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