



# Return to Running Plan

*Twelve week progressive re-introduction to running after injury*

# HOW TO SAFELY RETURN TO RUNNING AFTER INJURY

The return to running phase of injury rehab is an exciting time for any runner coming-off an enforced rest from the activity they love.

Of course, the challenge is to safely rebuild your running volume (weekly mileage) while avoiding the temptation to do too much too soon.

On top of running volume (your mileage), there are also factors such as frequency (how often you run) and intensity (how fast/hard you run) to take into account in order to navigate this phase of your rehab successfully and return to full training. Here are some simple pointers to help you find the right balance...

## Five Simple Rules for a Successful Return to Running

**1**

### **KEEP THE EFFORT “EASY” THROUGHOUT THIS PHASE**

Be sure not to place undue stress and strain on your recovering injury by avoiding speed work until you have completed this return to running phase.

**2**

### **RUN ON VARIOUS DIFFERENT SURFACES**

Mixing the types of terrain you run on regularly will help prevent the type of tissue overload that comes from running on the same surface all the time.

**3**

### **DO NOT RUN ON CONSECUTIVE DAYS**

Give your body adequate time to recover between runs. Healing tissues may need a little longer than usual to recover from a run, so allow extra time.

**4**

### **FOCUS ON MAINTAINING GOOD RUNNING FORM**

In this period, while your running volume is low, you have a great opportunity to focus on elements of form like posture, cadence and stride length.

**5**

### **STOP IF YOU FEEL PAIN RETURNING**

It should go without saying, but needs to be reiterated, that if you feel your pain coming back, STOP and book to see your physio. The route to full recovery is rarely linear, and a slight hiccup can usually be easily dealt with. In contrast, ignoring pain can result in re-injury and a much longer enforced rest from running. Listen to your body. It's better to get this right first time.

**By using the information provided in this document you agree to the following terms:**

Always warm-up adequately before any workout and immediately cease any exercise which results in pain or discomfort. Consult a doctor before beginning any new exercise regime.

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# EXAMPLE 12 WEEK RETURN TO RUNNING PLAN

## Weeks 1-6

### Week 1

**Three sessions of:**

*10 x [ Run 1 minute : Walk 1 minute ]*

### Week 2

**Three sessions of:**

*8 x [ Run 1:30 minutes : Walk 30 seconds]*

### Week 3

**Three sessions of:**

*8 x [ Run 2 minutes : Walk 30 seconds]*

### Week 4

**Three sessions of:**

*8 x [ Run 3 minutes : Walk 1 minute]*

### Week 5

**Three sessions of:**

*8 x [ Run 4 minutes : Walk 1 minute]*

### Week 6

**Three sessions of:**

*6 x [ Run 5 minutes : Walk 1 minute]*



### WHY IS THIS PLAN 12 WEEKS LONG?

I decided to share this particular example of a 12 week return to running plan to provide a structured, progressive reintroduction to running for those who have had to rest from running for 4+ weeks due to injury. In such cases, not only has the injury clearly been severe enough to stop you running for a prolonged period (like a stress fracture for example), but you will have also lost a degree of resilience to the loading that running produces. It's important to reintroduce this load gradually to ensure a successful return to full training without re-injury or a secondary injury.

# EXAMPLE 12 WEEK RETURN TO RUNNING PLAN

## Weeks 7-12

### Week 7

**Three sessions of:**

*3 x [ Run 10 minutes : Walk 1 minute ]*

### Week 8

**Three sessions of:**

*2 x [ Run 15 minutes : Walk 1 minute ]*

### Week 9

**Three sessions of:**

*Run 20 minutes non-stop*

### Week 10

**Three sessions of:**

*Run 25 minutes non-stop*

### Week 11

**Three sessions of:**

*Run 30 minutes non-stop*

### Week 12

**Three sessions of:**

*Run 35 minutes non-stop*



### WHAT IF YOU'VE ONLY MISSED 2-3 WEEKS OF TRAINING?

In cases where you've only had to rest your injury for 2-3 weeks (or less), it would indicate that the injury is less severe (than a stress fracture for example), which is great! Most of the time in cases such as these you won't need to follow a return to running programme as long as this 12 week plan. You will most likely be able to successfully return to full training within 4-6 weeks of recommencing your running. Doing so with a gradual increase, similar to that indicated in this plan is the key, as is following the rules set out earlier in this document: The final element you should factor back in to your training is speed work! I cover this and MUCH more in the video linked to on the following page...

## CHECK OUT THESE OTHER FREE TRAINING RESOURCES...

The Kinetic Revolution website has a ton of free resources to help you achieve your running goals, whatever level of runner you are, and whatever you're currently training for.

Here's a selection of some of the most popular training resources, as voted by our readers:



**30 Day Challenge – Transform Your Running [FREE]**



**Marathon Training Plans [FREE]**



**Half Marathon Training Plans [FREE]**

### JAMES DUNNE

Founder of Kinetic Revolution

Having graduated from St Mary's University College in London with an honours degree in sports rehabilitation, James build a reputation for helping runners of all levels to overcome injury and return to full training stronger than ever.

James founded his own rehab and coaching business, Kinetic Revolution, back in 2010 with the dream of helping as many runners as possible. Through a combined approach of “real world” coaching and blogging about running injury prevention, rehab and performance training, he now works with runners worldwide.

Tens of thousands of runners now use his resources, and the Kinetic Revolution website to run stronger and remain un-injured in the pursuit of their running goals.

