



Brian Waterman, MD

SPORTS MEDICINE & ORTHOPEDICS

Running Protocol

Phase	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	5 min	OFF	7.5 min	OFF	10 min	OFF	12.5 min
2	OFF	15 min	OFF	17.5 min	OFF	20 min	OFF
3	20 min	OFF	20 min	OFF	20 min	OFF	20 min
4	OFF	20 min	15 min	OFF	25 min	20 min	OFF
5	30 min	25 min	OFF	35 min	30 min	OFF	40 min
6	35 min	OFF	45 min	40 min	OFF	50 min	45 min
7	OFF	55 min	50 min	OFF	60 min	55 min	OFF



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The following program should be used as a measure of an athlete's progress as he/she returns from an injury to a lower extremity. When the athlete has completed the **entire** outdoor or indoor program, they are ready to return to competition.

The athlete may begin the running program when he/she can hop up and down on the toes of the injured extremity without bearing weight on the other leg five times.

Outdoors

1. Jog ½-1 mile; stop immediately when limping is noticed or when there is mild pain. When the athlete can jog ½ to 1 mile pain free:
 - a. Do six eighty yard sprints at ½ speed. If no pain or limp;
 - b. Do six eighty yard sprints at ¾ speed. If no pain or limp;
 - c. Do six eighty yard sprints at full speed. If no pain;
 - d. Do six eighty yards cutting at ¾ speed. If no pain;
 - e. Do six eighty yards cutting at full speed. Always plant on outside foot to cut. If no pain;
2. Do ten minutes of running and/or jumping drills related to your sport. When the athlete has completed the entire running program, he/she is ready to return to competition. If the athlete does not complete the entire program on a particular day, he/she should start the entire program over the following day**

INDOORS

1. Jog eighteen laps around the basketball court. Stop immediately when limping is noticed or when there is mild pain. If pain free;
 - a. Do fifteen lengths of the gym at ½ speed. If no pain;
 - b. Do fifteen lengths of the gym at ¾ speed. If no pain;
 - c. Do fifteen lengths of the gym at full speed. If no pain;
 - d. Do 15 lengths cutting at ¾ speed. Be sure to plant on the outside foot with each cut. If no pain;
 - e. Do fifteen lengths cutting at full speed. If no pain;
 2. Do ten minutes of running or jumping drills related to your sport. When the athlete has completed the entire program, he/she is ready to return to competition.**
- * If the athlete does not complete the entire program on a particular day, he/she should start the entire program over the following day.
- ** Each running work-out must be followed by a fifteen minute application of ice.