



McFarland Clinic

RESTARTING YOUR WALKING/RUNNING PROGRAM AFTER INJURY

Week 1: Walk/Run 1 mile every other day for 3-4 times.

Week 2: Increase by $\frac{1}{4}$ to $\frac{1}{2}$ mile every other day for 3-4 times. _____ Miles every other day.

Week 3: Increase by $\frac{1}{4}$ to $\frac{1}{2}$ mile every other day for 3-4 times. _____ Miles every other day.

Week 4: Increase by $\frac{1}{4}$ to $\frac{1}{2}$ mile every other day for 3-4 times. _____ Miles every other day.

Week 5: Increase by $\frac{1}{4}$ to $\frac{1}{2}$ mile every other day for 3-4 times. _____ Miles every other day.

Week 6: Increase by $\frac{1}{4}$ to $\frac{1}{2}$ mile every other day for 3-4 times. _____ Miles every other day.

Once you reach 3 miles every other day, you are able to increase by 1 mile every other day for 3-4 times.

Once you reach 3 miles every other day, you are able to increase by 1-2 miles every other day for 3-4 times.

On non-walking/running days you can cross train with elliptical or biking. Do not start heavy jumping or calisthenics unless recommended by physical therapy or athletic trainer until at least week 3.



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McFarlandClinic.com
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Extraordinary Care, Every Day