

9 Step Progressive Run Protocol *

Your Physio will tell you when you can commence this program

Perform a light warm up consisting of a

- 5-10 minute walk,
- 3 x 20 metres high knee walk (hug knee to chest and rise onto toes each step)
- 3 x 20 metres A-Skip (high knee skip)
- 3 x 20 metres B-Skip (high knee skip with flick-out of forward leg)

Rules:

1. Do 3 Run-throughs at each Stage, walk back to start for recovery
2. Only perform 3 Stages, or 9 Run-Throughs max per session (e.g. your first session you will complete Stages 1, 2 and 3 for 3 reps each and then stop)
3. Stop if you feel pain >4/10, any reinjury or if you are not confident to continue. Contact us for instructions
4. Perform the program 3 times per week, with a rest day between sessions
5. Progress next session by starting at the second highest stage from your last session. (e.g: at your second session you will complete Stages 2, 3 and 4, then Session 3 becomes Stages 3,4,5 and so on)

Stage	Acceleration	Hold	Deceleration
1	Walk 20 m	Jog 10 m	Walk 20 m
2	Walk 15 m	Jog 20 m	Walk 15 m
3	Walk 10 m	Jog 30 m	Walk 10 m
4	Jog 20 m	Run 10 m	Jog 20 m
5	Jog 15 m	Run 20 m	Jog 15 m
6	Jog 10 m	Run 30 m	Jog 10 m
Re-test Run-Readiness Strength Protocol before Sprinting			
7	Run 20 m	Sprint 10 m	Run 20 m
8	Run 15 m	Sprint 20 m	Run 15 m
9	Run 10 m	Sprint 30 m	Run 10 m

Walk = Walk! Jog = < 50% max speed Run = <70% max speed Sprint = >90% max speed

*Hickey et al (2020) J Orth Sports Phys Ther ; 50(2): 91-103

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