

Walk-Run Loading Progression

The aim of this program is to progress safely to running 3 times a week. Whether you have had a recent injury or illness, or making comeback from a period of inactivity, the principles allow for gradual re-loading of your bones, tendons and muscles with adequate recovery.

The walk-run sessions double as both rehabilitation and training. You will increase tissue capacity to withstand the stresses of running as well as increase your aerobic capacity.

Preparation Phase:

- If you have not run for some time, we may suggest a period of regular walking to prepare your feet and lower legs for running. 4-6 weeks of walking for 30 minutes 3 times a week is ideal.

Rest and Recovery:

- Please allow at least one rest day from impact, weight bearing activity between walk/run sessions. Cross training on a bike, rower, in the pool or weight training is fine.

Terrain:

- Start with flat courses you are comfortable to run on. A treadmill is also fine.

Speed:

- Walking can be done as fast as you are comfortable with, the running should be a nice easy jog.

Session Description:

- Each session lasts 30 minutes in the first 3 weeks. In week one for example you will walk for 4 minutes, run for 1 minute and repeat this 6 times for a total of 30 minutes

Week	Total time per session	Sessions per week	Walk	Run
One	30 minutes	3	4 minutes	1 minute
Two	30 minutes	3	3.5 minutes	1.5 minutes
Three	30 minutes	3	3 minutes	2 minutes
Four	30 mins	3	2 mins	3 minutes
Five	25 minutes	3	1 minute	4 minutes
Six	20-25 minutes	2	Zero minutes	Continuous run!

Once you are running comfortably twice a week it is important that you try to maintain a consistent pattern of activity, having a boom-bust style of training is one thing we know contributes to development of running-related injury. Attempting not to deviate up or down by 20% per week from your average amount of running per week (calculated over a month) is thought to be the safe zone of consistent training. (0.8-1.2 x weekly volume)

For example, over a month you average 20km running per week. You should aim to stay between 16 and 24 kilometres per week. As you run for longer, you re-calculate your 1 month weekly average and gradually ramp up your running amount.

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