

Running Program

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Once running program has been reached. Running is on every other day basis beginning with 100 yards and adding 100 yards each day until you're up to the 1,600-yard point. You should not increase your distance in running if the previous distance has made your knee sore. You may continue to increase your mileage beyond 1,600 yards if your knee is not sure, but we would recommend continuing with every other day basis. Biking or swimming should be done on off days for cardiovascular conditioning.

POINTS TO REMEMBER:

- Running is done outside on ground, asphalt or inside on gym floors or treadmill, NOT ON CONCRETE.
- Hamstring strengthening must be continued and progressed, FOREVER!
- Flexibility must be maintained with daily exercises. Perform quad stretching several times throughout the day.
- If any pain, swelling, or symptoms of any kind persists, the program is decreased, and a reevaluation is done.
- Running must be done on a flat, level surface.
- No up or down hill running- straight ahead only!
- No hard sprinting. Speed must be limited to $\frac{1}{2}$ to $\frac{3}{4}$ speed.
- Icing may be indicated after running if you knee is sore. You may expect a slight amount of soreness or swelling in the first week; however, if this persists, please contact your physical therapist.

Running Program Scheduling:

Day:

1. 100 yds.
2. Bike or swim.
3. 200 yds.
4. Bike or swim.
5. 300 yds.
6. Bike or swim.
7. 400 yds.
8. Bike or swim.
9. 500 yds.
10. Bike or swim.
11. 600 yds.
12. Bike or swim.
13. 700 yds.
14. Bike or swim.
15. 800 yds.
16. Bike or swim.

Day:

17. 900 yds.
18. Bike or swim.
19. 1,000 yds.
20. Bike or swim.
21. 1,100 yds.
22. Bike or swim.
23. 1,200 yds.
24. Bike or swim.
25. 1,300 yds.
26. Bike or swim.
27. 1,400 yds.
28. Bike or swim.
29. 1,500 yds.
30. Bike or swim.
31. 1,600 yds