



WARM-UP

A proper warm-up can mean the difference between a good run and an injury. [Click here](#) for a dynamic warm-up.

When am I Ready to Start Running?

There are a couple of things to keep in mind before you start running. Whether you're just starting to run or returning from injury, here are a few things you should be able to do:

1. Get the all clear from a movement specialist. The doc might say you can run but they often don't know the steps needed to prepare for a return to running after a period of rest (here's everything you need to know about the [injury rehab progression](#)).
2. Pain free daily activities and pain free brisk 15 minute walk
3. Single leg hop in place without pain
4. Perform wall drill with good form and no pain. [Click here](#) to learn about the wall drill.

SORENESS RULES

- Soreness during warm-up that continues – take two days off and drop down one step
- Soreness during warm-up that goes away – stay at same step
- Soreness during warm-up that goes away but comes back as session continues – take two days off and drop down one step
- Soreness the day after – take one day off and stay at same step
- No soreness – advance a step, no more than two steps per week

All runs should be easy conversation pace. Take 2 days off in between runs the first two weeks. Do not increase more than 2 levels per week.

New or Returning to Running

Level 1: 6 sets of 1 min run/1 min walk

Level 2: 5 sets of 2 min run/1 min walk

Level 3: 4 sets of 3 min run/1 min walk

Level 4: 3 sets of 4 min run/1 min walk

Level 5: 3 Sets of 5 min run/1 min walk

Level 6: 1 sets of 15 min run, 1 min walk, 5 minute run

Level 7: 20 min run, 1 min walk, 5 minute run

Level 8: 30 min run