

Walk to Run Program

This program should be used as general guide to return to running after your knee surgery. Prior to returning to running and/or sports activities, you should proceed with a gradual progression using caution not to do too much too fast. You should discuss your running status (i.e. knee osteoarthritis, stage of post-operative protocol, etc.) with Dr. Young, Jake and/or your physical therapist.

WEEK ONE FOUR DAYS

Day 1: Walk 10 minutes. Then, for the next 10 minutes, alternate running for 1 minute with walking for 1 minute. Walk 10 minutes.

Day 2: Walk 10 minutes. Then, for the next 15 minutes, alternate running for 1 minute with walking for 1 minute. Walk 5 minutes.

Day 3: Walk 10 minutes. Then, for the next 15 minutes, alternate running for 2 minutes with walking for 1 minute. Walk 5 minutes.

Day 4: Walk 5 minutes. Then, for 21 minutes, alternate running for 2 minutes with walking for 1 minute. Walk 4 minutes.

WEEK TWO

Workout 1: Walk 5 minutes. Then, for the next 20 minutes, alternate running for 3 minutes with walking for 1 minute. Walk 5 minutes.

Workout 2: Walk 5 minutes. Then, for the next 21 minutes, alternate running for 5 minutes with walking for 2 minutes. Walk 4 minutes.

Workout 3: Walk 4 minutes. Then, for the next 24 minutes, alternate running for 5 minutes with walking for 1 minute. Walk 2 minutes.

Workout 4: Walk 5 minutes. Then, for the next 22 minutes, alternate running for 8 minutes with walking for 3 minutes. Walk 3 minutes.

WEEK THREE

Workout 1: Walk 5 minutes. Run 10 minutes. Walk 5 minutes. Run 5 minutes. Walk 5 minutes.

Workout 2: Walk 5 minutes. Run 12 minutes. Walk 3 minutes. Run 5 minutes. Walk 5 minutes.

Workout 3: Walk 10 minutes. Run 15 minutes. Walk 5 minutes.

Workout 4: Walk 6 minutes. Run 18 minutes. Walk 6 minutes.

WEEK FOUR

Workout 1: Walk 5 minutes. Run 20 minutes. Walk 5 minutes.

Workout 2: Walk 5 minutes. Run 22 minutes. Walk 3 minutes.

Workout 3: Walk 3 minutes. Run 25 minutes. Walk 2 minutes.

Workout 4: Run 30 minutes.