

Table C - Graded Return to Run Program for Bone Stress Injury

(adapted from Warden et al, 2016)

Monitoring of symptoms:

- Symptom free during run
- Symptom free after the run and the next day

If symptoms are provoked, the athlete must stop the session and regress to the previous stage following a rest day

Stage 1: Progressive jogging at 50% slower than usual pace with increasing duration with rest day in-between

- 30-minute walk
- Rest
- Walk 9 minutes, Jog 1 minute (x 3)
- Rest
- Walk 8 minutes, Jog 2 minutes (x 3)
- Rest
- Walk 7 minutes, Jog 3 minutes (x 3)
- Rest
- Walk 6 minutes, Jog 4 minutes (x 3)
- Rest
- Walk 4 minutes, Jog 6 minutes (x 3)
- Rest
- Walk 2 minutes, Jog 8 minutes (x 3)

Stage 2: Progression to usual pace of **easy running** with rest day in-between

- Jog 30 minutes (50%)
- Rest
- Run 30 minutes (60%)
- Rest
- Run 30 minutes (70%)
- Rest
- Run 30 minutes (80%)
- Rest
- Run 30 minutes (90%)
- Rest
- Run 30 minutes at full pace

Stage 3: Incorporating running on consecutive days (if appropriate)

- Run 30 minutes at full pace
- Run 30 minutes at full pace
- Rest
- Run 30 minutes at full pace
- Run 30 minutes at full pace
- Rest
- Run 30 minutes at full pace
- Run 30 minutes at full pace

Stage 4: Return to running/full training

Consider...

- Gradual inclusion & progression of intensity