

**PHYSICAL THERAPY CLINIC
IRWIN ARMY COMMUNITY HOSPITAL
FORT RILEY, KS 66442**

WALK TO RUN PROGRESSION PROGRAM

The following program may be beneficial to a soldier recovering from an injury or just coming off profile. There are no set timeframes – progress slowly as tolerated.

Guidelines:

1. Perform every other day only. Do not run two days in a row.
2. Perform at easy pace on level surfaces – no hills.
3. Use good jogging shoes that are not more than 6-9 months old.
4. Stop if you experience increased pain, swelling, or stiffness.
5. Try each Phase at least twice and progress if you experience no increased pain, swelling, or stiffness.
6. After Phase VII eliminate the walk portion and then gradually increase the distance over time.
7. Apply ice to the affected area immediately after exercise for 15-20 minutes.

Phase I: Walk 2 miles at your own pace and tolerance

Phase II: Progress to walking 2 miles in 35 minutes

Phase III: Walk Run Walk Run
(miles) 1/4 1/4 1/4 1/4

Phase IV: Walk Run Walk Run Walk Run Walk Run
(miles) 1/4 1/4 1/4 1/4 1/4 1/4 1/4 1/4

Phase V: Walk Run Walk Run Walk Run
(miles) 1/4 1/2 1/4 1/2 1/4 1/2

Phase VI: Walk Run Walk Run
(miles) 1/4 1 1/4 1

Phase VII: Walk Run Walk Run
(miles) 1/4 1 1/2 1/4 1 1/2