



ENTRY CRITERION – DO NOT BEGIN BEFORE THIS IS MET

Begin only once **LSI ≥ 70%** on 1RM or isokinetic testing.
 LSI = Limb Symmetry Index, the involved limb's result as a percentage of the uninvolved limb. Ask your physiotherapist to re-evaluate your 1RM every 2–4 weeks.

Running Levels - Treadmill/ 400m Track/ GPS

Gauge intensity

LVL SESSION

- 1 **100 m Walk / 100 m Jog** — 2400 m total
Track: 6 laps (2400 m)
- 2 **100 m Walk / 300 m Jog** — 2400 m total
Track: 6 laps (2400 m)
- 3 **100 m Walk / 500 m Jog** — 2400 m total
Track: 6 laps (2400 m)
- 4 **100 m Walk / 700 m Jog** — 2400 m total
Track: 6 laps (2400 m)
- 5 **Jog 2400 m**
Track: 6 laps (2400 m)
- 6 **Jog 3200 m**
Track: 8 laps (3200 m)
- 7 **Jog 4000 m**
Track: 10 laps (4000 m)
- 8 Alternate **400 m Run / 400 m Jog** — 4000 m total
Track: 10 laps (4000 m), alternating

1 · TALK TEST

Walk Fully conversational
Jog Conversational, in sentences
Run Speak only in phrases

2 · HR METHOD (PREFERRED)

Max HR ≈ 220 – age · zones = % of that

Z1	WALK	50–60%
Z2	JOG	60–70%
Z3	RUN	70–80%
Z4	THRESHOLD	80–90%
Z5	ANAEROBIC	90–100%

AGE	MAX	Z1	Z2	Z3
15	205	102–123	123–144	144–164
20	200	100–120	120–140	140–160
25	195	98–117	117–136	136–156
30	190	95–114	114–133	133–152
35	185	92–111	111–130	130–148

Dr Mok's 12-Week Return to Running Progression

assumes no soreness – see rules below

PHASE	WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
Phase 1 Intro to Z2 Jogging	Week 1	L1	Rest	Gym	L1	Gym	L2	Rest
	Week 2	L2	Rest	Gym	L2	Gym	L3	Rest
	Week 3	L3	Rest	Gym	L3	Gym	L4	Rest
	Week 4	RECOVERY	L2	Rest	Gym	L3	Rest	Gym
Phase 2 Sustained Z2 Jogging	Week 5	L4	Rest	Gym	L4	Gym	L5	Rest
	Week 6	L4	Rest	Gym	L5	Gym	L6	Rest
	Week 7	L4	Rest	Gym	L5	Gym	L7	Rest
	Week 8	RECOVERY	L4	Rest	Gym	L5	Rest	Gym
Phase 3 Intro to Z3 Running	Week 9	L4	Rest	Gym	L5	Gym	L8	Rest
	Week 10	L5	Rest	Gym	L5	Gym	L8	Rest
	Week 11	L5	Rest	Gym	L6	Gym	L8	Rest
	Week 12	RECOVERY	L5	Rest	Gym	L5	Rest	Gym

■ Z1 · L1–4 (walk/jog) ■ Z2 · L5–7 (jog) ■ Z3 · L8 (run) □ Recovery week

Mon, Thu & Sat are running days (Sat = highest intensity); Wed & Fri are gym days; Tue & Sun are full rest. Weeks 4, 8 & 12 are reduced-intensity recovery weeks (2 runs, extra rest) — see rest-day rules below.

Rules while progressing

REST DAYS

- Keep **2 full** rest days every week.
- Do not** run on consecutive days.
- Have **1–2** rest/gym days between running sessions.
- Never** advance more than **1 level** in a week.
- After Week 12: **≤10%/week** jogging-volume increase — err on the side of caution.

IF SORENESS OCCURS

- During warm-up** — 2 days off, drop back 1 level.
- During workout** — 1 day off, drop back 1 level.
- After workout** — stay at current level.

ADJUST FOR YOUR BASELINE

- Ran **2.4 km** comfortably pre-injury — use distances as shown.
- Not into running-based sports — halve every distance.
- Regularly ran **>5 km** pre-injury — add 800 m/level (2400→3200→4000→4800).
- Sprint sport** (field/court) — fully complete Level 4 before sprint drills.