



ENTRY CRITERION — BOTH MUST BE MET BEFORE STARTING

- Strength** — $LSI \geq 70\%$ on 1RM or isokinetic testing.
- Single Leg Quality Control** — cleared on PT functional assessment (e.g. single-leg half squat, double-leg skipping, stationary jogging >1 min).

Running Levels - Time or Distance

LVL	TIME	DISTANCE
1	1 min Walk / 1 min Jog 10 sets (20 min)	100 m Walk / 100 m Jog 12 sets • Track: 6 laps (2400 m)
2	1 min Walk / 2 min Jog 7 sets (21 min)	100 m Walk / 300 m Jog 6 sets • Track: 6 laps (2400 m)
3	1 min Walk / 4 min Jog 4 sets (20 min)	100 m Walk / 500 m Jog 4 sets • Track: 6 laps (2400 m)
4	1 min Walk / 6 min Jog 3 sets (21 min)	100 m Walk / 700 m Jog 3 sets • Track: 6 laps (2400 m)
5	Jog 20 min Continuous	Jog 2000 m Continuous • Track: 5 laps
6	Jog 24 min Continuous	Jog 2400 m Continuous • Track: 6 laps
7	Jog 28 min Continuous	Jog 2800 m Continuous • Track: 7 laps
8	4 min Jog / 4 min Run 3 sets (24 min)	400 m Jog / 400 m Run 3 sets • Track: 6 laps (2400 m)

Adjust for your Baseline

- Regularly ran >5 km pre-injury — add 4 min or 800 m (2 laps) per level.
- Run 2.4 km comfortably pre-injury — use distances as shown.
- Not into running-based sports — halve every time or distance.

Gauge Intensity

1 • TALK TEST

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

2 • HR METHOD (PREFERRED)

Max HR $\approx 220 - \text{age}$ • zones = % of that*

Z1	WALK	50–65%
Z2	JOG	65–80%
Z3	RUN	80–85%
Z4	THRESHOLD	85–92%
Z5	ANAEROBIC	92–100%

AGE	MAX	Z1	Z2	Z3
15	205	102–133	133–164	164–174
20	200	100–130	130–160	160–170
25	195	98–127	127–156	156–166
30	190	95–124	124–152	152–162
35	185	92–120	120–148	148–157
40	180	90–117	117–144	144–153

*Or use on-device Garmin/ Apple/ Suunto/ Coros/ etc. HR zones.

Return to Running 12-Week Progression - 2x/week with optional 3rd run

assumes no soreness — see rules below

PHASE	WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	MIN	KM
Phase 1 Intro to Z2 Jogging	Week 1	L1	Rest	Gym	L1	Gym	L2	Rest	40 (61)	4.8 (7.2)
	Week 2	L2	Rest	Gym	L2	Gym	L3	Rest	42 (62)	4.8 (7.2)
	Week 3	L3	Rest	Gym	L3	Gym	L4	Rest	40 (61)	4.8 (7.2)
	Week 4	RECOVERY	L3	Rest	Gym	L3	Gym	Rest	20 (40)	2.4 (4.8)
Phase 2 Sustained Z2 Jogging	Week 5	L4	Rest	Gym	L4	Gym	L5	Rest	42 (62)	4.8 (6.8)
	Week 6	L4	Rest	Gym	L5	Gym	L6	Rest	41 (65)	4.4 (6.8)
	Week 7	L5	Rest	Gym	L6	Gym	L7	Rest	44 (72)	4.4 (7.2)
	Week 8	RECOVERY	L6	Rest	Gym	L4	Gym	Rest	24 (45)	2.4 (4.8)
Phase 3 Intro to Z3 Running	Week 9	L5	Rest	Gym	L7	Gym	L8	Rest	48 (72)	4.8 (7.2)
	Week 10	L5	Rest	Gym	L8	Gym	L6	Rest	44 (68)	4.4 (6.8)
	Week 11	L5	Rest	Gym	L8	Gym	L6	Rest	44 (68)	4.4 (6.8)
	Week 12	RECOVERY	L6	Rest	Gym	L5	Gym	Rest	24 (44)	2.4 (4.4)

For a 3x/week running plan, add in the optional faded run — Sat in regular weeks, Thu in recovery weeks.

Rules while progressing

REST DAYS AND SUBSEQUENT PROGRESSION

- 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: $\leq 10\%$ /week jogging-volume increase — err on the side of caution.
- Sprint sports — fully complete Level 8 session at least twice before beginning sprint drills or sprint progression.

IF KNEE PAIN OCCURS

There should be minimal ($\leq 2/10$) to no pain during these runs. Apply the changes below if you experience knee pain $> 3/10$.

- During first 5 minutes only — continue with plan as normal.
- Throughout the whole run — return to the previous level; progress only once symptoms reduce.
- After the run only — continue with plan; return to the previous level and maintain if it's aggravated.
- If in doubt — remain at current level, running twice a week without progression, until you see your PT next.