



Town Center

ORTHOPAEDICS

ASHBURN • CENTREVILLE • FAIRFAX • RESTON

PHONE: 703-435-6604

Jogging Program

1. Initially run on a flat surface as directed (ie. Track preferable, flat treadmill is a secondary option).
 2. Progress to street jogging after 1 month.
 3. At each level, you should feel nothing more than muscle soreness. If you experience other forms of pain or anything more than mild swelling, return to the previous level for one week.
 4. Ensure that you have properly warmed-up and stretched prior to jogging.
 5. You may need to ice your injured area after jogging. One-half hour should be sufficient.
 6. After successfully completing each step, move to the next step.
 7. Remember to have rest days in between run days. No running more than 3 days a week.
 8. Alternatively, you can use a digital format as may be found in mobile apps such as “Couch to 5K”.
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STEP	JOG	WALK	LOAD	DISTANCE
1	30 sec.	30 sec.	Start with 8 sets. Try to add additional set at each workout until 12 sets for two days.	~ $\frac{1}{2}$ to $\frac{3}{4}$ miles
2	1 min.	30 sec.	Start with 6 sets. Try to add additional set at each workout until 12 sets for two days.	~ $\frac{3}{4}$ to 1 $\frac{1}{2}$ miles
3	2 min.	30 sec.	Start with 6 sets. Try to add additional set at each workout until 10 sets for two days.	~1 $\frac{1}{2}$ to 2 $\frac{1}{2}$ miles

4	4 min.	1 min.	Start with 4 sets. Try to add additional set at each workout until 6 sets for two days.	~2 to 3 miles
5	8 min.	2 min.	Start with 2 sets. Try to add additional set at each workout until 4 sets for two days.	~2 to 4 miles
6	12 min.	2-3 min.	After jogging for 12 min. and walking for 2-3 min., try to jog another 12 min. (You may need to break this up into 4 min. intervals alternated with walking). When complete 2 x 12 min. jogs, go to next step.	~3 miles
7	20-30 min.	Cool Down	Continuous Jogging	~2 to 3 miles