



United States Military-Baylor University
Post-professional Sports Medicine-Physical Therapy Doctoral Program
Keller Army Community Hospital, West Point, New York
“Academic, Research, and Clinical Excellence”

WALK TO RUN PROGRAM
(ALL PHASES MEASURED IN MILES)

Phase I: Walk 2 miles at your own pace.

Phase II: Progress to walking 2 miles in 35 minutes.

Phase III: Walk $\frac{1}{4}$ Run $\frac{1}{4}$ Walk $\frac{1}{4}$ Run $\frac{1}{4}$

Phase IV: Walk $\frac{1}{4}$ Run $\frac{1}{4}$ Walk $\frac{1}{4}$ Run $\frac{1}{4}$ Walk $\frac{1}{4}$ Run $\frac{1}{4}$ Walk $\frac{1}{4}$ Run $\frac{1}{4}$

Phase V: Walk $\frac{1}{4}$ Run $\frac{1}{2}$ Walk $\frac{1}{4}$ Run $\frac{1}{2}$ Walk $\frac{1}{4}$ Run $\frac{1}{2}$

Phase VI: Walk $\frac{1}{4}$ Run $\frac{3}{4}$ Walk $\frac{1}{4}$ Run $\frac{3}{4}$

Phase VII: Walk $\frac{1}{4}$ Run 1 Walk $\frac{1}{4}$ Run 1

Phase VIII: Walk $\frac{1}{4}$ Run 1 Walk $\frac{1}{4}$ Run 1 Walk $\frac{1}{4}$ Run 1

General Guidelines:

1. Use brand name running shoes and not court or cross trainers.
2. Begin at an easy pace on level surfaces, no hills until at least 3-5 weeks after Phase VIII.
3. Stop if increased pain, swelling or stiffness are noted, especially while running and if symptoms are present by the next morning. Do not resume running until cleared by provider.
4. Do not run more than 3 times per week and do not run daily until 3-5 weeks after Phase VIII.
5. Try each phase at least twice. Progress to the next phase if no increase in pain, swelling or stiffness.
6. After Phase VIII: gradually begin to increase running without walking.
7. All increments for walk to run progression are based on miles.
8. Following Phase VIII, do not increase distance or pace more than 10 percent per week.

Reference: Moore JH & Ernst GP. Therapeutic Exercise Ch 44, Pg 567-578, Textbook on Running Medicine. O'Connor FG & Wilder RP. McGraw-Hill, New York. 2001