

Walk to Run Progression



ALL phases must be pain free; Must feel strong and not difficult or awkward to progress. Depending on your specific condition or injury, these steps may not be progressed in specific order.

1. Walking Agility--Backwards, Side Step; Carioca/Crossover, Heel to Toe
2. Walk on Toes FWD, Back, Side
3. Walking Box Step; Side Step
4. Walking Agility Faster; 1/2 jog
5. Shuttle - FWD, Back; Side/Side; Diagonals, Carioca
6. Mountain Climbers slide (on hardwood/tile in socks)
7. "Jump Rope" - 1 min; same day 1" , 2x
8. Ladder/ Box Step faster (50% speed)
9. Jump Square--2 footed; side to side, forward/back and diagonals
10. Mountain Climbers "jump"
11. Skip
12. Side Step box "jump"
13. Hop
14. Jog
15. Jog -> Sprints: jog curves, gradually increase speed into sprint on straights, then slow to jog for the curve, repeat speed up on straight. Begin with 1 lap preferably, max 2
16. Figure 8 jogs--large, forward, then backward; then smaller, then zig zags stop/starts
17. Sprint from stop
18. Sprint and Cutting drills; Begin with H drills, then A drills, then box x drills, etc

These steps are an individualized transition and should not be attempted without the guidance of your physical therapist. This handout is not intended to treat any individual without such guidance. Please Consult with your physical therapist for use of this progression. For more information, please contact Body Dynamic Physical Therapy + Pilates + Wellness, Inc.