

Seven Tips for Safely Transitioning Back to Running

The COVID-19 pandemic has forced the world to come to a screeching halt, and a “new normal” has slowly been established. One of the many challenges with this new normal is finding a way to stay physically active with limited resources. Some runners have access to safe roads and trails during the pandemic, while others do not, leading to major differences in their current fitness levels and baseline mileage.

Here are seven tips to safely transition back to running, post-pandemic:



Follow the 10 percent rule.

Studies show that increasing mileage by more than 10 percent per week may increase injury risk. Increasing mileage and intensity by about 10 percent per week allows runners to gradually increase volume and fitness.



Respect recovery days.

Take at least two to three days off from running per week to start, incorporating cross-training (biking, swimming, yoga, elliptical if available) on the off days, and take at least one full day off per week.



Take time to get strong.

Dedicate at least two days to strength training, ideally not on running days. See our strength and flexibility tip sheet for specific exercises.



As training increases, fueling needs to increase.

Nutrition is the secret weapon to improving performance and reducing injury risk. See our nutrition tip sheet for smart ways to keep the tank full pre- and post-exercise.



Keep track of “shoe mileage.”

If you've worn your shoes for about 280 miles of running, their cushioning will have degraded by up to 30 percent. Though you may not sense it, your running mechanics may be altered to compensate for the heightened impact.



Do dynamic warm-ups and drills.

Start each run with a dynamic warm-up to help boost performance and build muscular strength. Incorporate quick moves that go through a full range of motion—for example, high knees, A skips, C skips, skipping for height, skipping for distance, etc. If possible, consider performing the warm-up on a soft surface without shoes to build your foot muscles.



Stay healthy.

If you feel like you are sick or getting sick (COVID-19 symptoms include fever and breathing issues), do not train with your team. Stay home. Contact your physician, and if you are feeling up to it, train on your own until you are cleared.

For appointments and more information, call **(844) 41-ORTHO (844-416-7846)**.

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