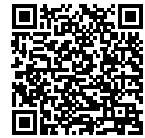


PAIN & INJURY GUIDE

Returning to training after a break: your 5-minute routine



Scan for the full guide

A short strength routine to prepare for getting back into running or training, with a gradual walk-and-jog plan.

How often: At least twice a week, and not on the same day as your runs.

Total time: about 6 minutes. **You will need:** a sturdy chair, a clear wall, a worktop or sturdy surface, a firm, comfortable surface to lie on (a bed or mat).

Before you start

- This is general information based on NHS physiotherapy leaflets. It is not a personal treatment plan. If a doctor, physiotherapist or osteopath has given you different advice, follow that.
- Move slowly and smoothly. Mild discomfort or a stretching feeling is fine. Sharp pain is not.
- The pain should settle back to your usual level within an hour or two. If it is worse the next day, do fewer repeats or a smaller movement, or leave that exercise out for a few days.

Your routine

1

Heel raise

about 2 min

Stand holding a worktop with your feet hip-width apart.
Rise up onto your toes, pause for a second, then lower slowly.

How much: 10 repeats, building to 2 sets

2

Glute bridge

about 1 min

Lie on your back with your knees bent and feet flat.
Squeeze your buttocks and lift your hips until your body makes a straight line. Do not arch your back.
Lower slowly.

How much: Hold 5 seconds, 8 to 10 times

3

Single-leg balance

about 2 min

Stand near a worktop or wall and rest a hand on it if you need to.
Lift one foot a little off the floor and balance on the other leg.

How much: Hold up to 30 seconds, 3 to 5 times each side

4

Sit to stand

about 1 min

Stand in front of a sturdy chair. Push your bottom back as if sitting and lightly touch the seat.
Stand up by squeezing your buttocks and pushing through your heels. Keep your knees apart and do not let them fall inwards.

How much: 10 slow repeats

A gradual return to running

This walk and jog plan follows the Berkshire Healthcare NHS return-to-running programme. Run two or three times a week with a rest day between runs, and ask a physiotherapist to check you are ready if you are unsure.

Week	Jog / walk	Total time
Week 1	Jog 1 minute, walk 1 minute	30 minutes
Week 2	Jog 2 minutes, walk 1 minute	30 minutes
Week 3	Jog 4 minutes, walk 1 minute	30 minutes
Week 4	Jog 9 minutes, walk 1 minute	30 minutes
Week 5	Jog 15 minutes, walk 1 minute	Build up
Week 6	Jog 30 minutes continuously	30 minutes
Week 7 onwards	Build time and intensity gradually	Increase by up to 10% a week

Good to know

- Be able to walk for 30 minutes comfortably before you start jogging.
- Run two to three times a week with a rest day between runs.
- Increase running time or distance by no more than about 10% a week.
- Muscle soreness after a session, or slight discomfort that clears within 24 hours, is acceptable. Pain that lasts more than 48 hours after a session means reduce training.

Easier, or harder?

- Too sore? Do fewer repeats, make the movement smaller, or miss that exercise out for a few days.
- Feeling good? Only add a few repeats, or a second set, when the routine feels easy and comfortable. There is no rush.

Keep track

Tick a box each day you do your routine.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1							
Week 2							
Week 3							
Week 4							

Get urgent help first, and do not exercise, if you have any of these

Go to A&E or call 999 if you have any of these. They can be signs of a fracture, infection, blood clot or other emergency.

- A limb that looks deformed, or a joint that you cannot move or put weight on after an injury
- A cold, pale or numb foot or hand after injury
- A hot, red, swollen joint with a high temperature
- A painful, swollen, warm calf, with or without breathlessness or chest pain

See your GP promptly, or call NHS 111, if

- Pain after a significant injury, fall or twist
- Pain that is constant, severe or getting worse, or wakes you at night
- Unexplained weight loss, fever or feeling generally unwell with limb pain

Stop these exercises if

- Stop and speak to a physiotherapist or GP if you have sharp pain, pain that gets worse as you run, or joint swelling that doesn't settle.
- If you are not improving after about 4 weeks, or things are getting worse sooner, get it checked. A GP, physiotherapist or osteopath can assess what is going on and adjust your exercises.

Want your problem assessed?

If you would like your symptoms assessed, you are welcome to book an appointment with Lance Peterson Osteopathy in Chichester: lancepetersonosteopathy.co.uk/book.html · 07899 358698. Osteopathic care is not right for everyone, and if something needs medical attention first, you will be told.

The full plain-English guide, with the common questions and sources, is at:

lancepetersonosteopathy.co.uk/guide/returning-to-running-or-training-after-a-break.html

Based on

The exercises are described in my own words from these NHS and Chartered Society of Physiotherapy resources. Repeats and holds are kept to the gentle, beginner end of the ranges they give. Links were checked in October 2026.

- George Eliot Hospital NHS: Shin splints
<https://www.geh.nhs.uk/patients-and-visitors/patients/patient-leaflets/shin-splints>
- Oxford University Hospitals NHS: Femoral acetabular impingement syndrome, physiotherapy advice (2025)
<https://www.ouh.nhs.uk/media/xknomffi/115319fais.pdf>
- Northern Devon Healthcare NHS Trust: Osteoarthritis and your hip
https://www.royaldevon.nhs.uk/media/qhcm1500/osteoarthritis_and_your_hip.pdf
- Sherwood Forest Hospitals NHS: Lateral hip pain
<https://www.sfh-tr.nhs.uk/patients-and-visiting/patient-information-leaflets/musculoskeletal-msk/lateral-hip-pain/>
- Berkshire Healthcare NHS: Return to running programme
<https://www.berkshirehealthcare.nhs.uk/advice/return-to-running-programme>