



Postpartum Return to Run Program

	day 1	day 2	day 3	day 4	day 5
week 1	walk 5 min 3x run 1min/walk 1min walk 5 min	walk 5 min 4x run 1 min/walk 1 min walk 5 min	walk 5 min 5x run 1 min/walk 1 min walk 5 min	walk 5 min 6x run 1 min/walk 1 min walk 5 min	walk 5 min 7x run 1 min/walk 1 min walk 5 min
week 2	walk 5 min 8x run 1 min/walk 1 min walk 5 min	walk 5 min 9x run 1 min/walk 1 min walk 5 min	walk 5 min 10x run 1 min/walk 1 min walk 5 min	walk 5 min 3x run 2 min/walk 1 min walk 5 min	walk 5 min 4x run 2 min/walk 1 min walk 5 min
week 3	walk 5 min 5x run 2 min/walk 1 min walk 5 min	walk 5 min 6x run 2 min/walk 1 min walk 5 min	walk 5 min 7x run 2 min/walk 1 min walk 5 min	walk 5 min 8x run 2 min/walk 1 min walk 5 min	walk 5 min 9x run 2 min/walk 1 min walk 5 min
week 4	walk 5 min 10x run 2 min/walk 1 min walk 5 min	walk 5 min 3x run 3 min/walk 1 min walk 5 min	walk 5 min 4x run 3 min/walk 1 min walk 5 min	walk 5 min 5x run 3 min/walk 1 min walk 5 min	walk 5 min 6x run 3 min/walk 1 min walk 5 min
week 5	walk 5 min 7x run 3 min/walk 1 min walk 5 min	walk 5 min 8x run 3 min/walk 1 min walk 5 min	walk 5 min 4x run 4 min/walk 1 min walk 5 min	walk 5 min 5x run 4 min/walk 1 min walk 5 min	walk 5 min 6x run 4 min/walk 1 min walk 5 min
week 6	walk 5 min 7x run 4 min/walk 1 min walk 5 min	walk 5 min 8x run 4 min/walk 1 min walk 5 min	walk 5 min 5x run 5 min/walk 1 min walk 5 min	walk 5 min 6x run 5 min/walk 1 min walk 5 min	walk 5 min 7x run 5 min/walk 1 min walk 5 min
week 7	walk 5 min 3x run 8 min/walk 1 min walk 5 min	walk 5 min 4x run 8 min/walk 1 min walk 5 min	walk 5 min 2x run 9 min/walk 1 min walk 5 min	walk 5 min 3x run 9 min/walk 1 min walk 5 min	walk 5 min 1x run 10 min/walk 1 min walk 5 min
week 8	walk 5 min 2x run 10 min/walk 1 min walk 5 min	walk 5 min 2x run 10 min/walk 1 min walk 5 min	walk 5 min 1x run 20 min/walk 1 min walk 5 min	walk 5 min 1x run 25 min/walk 1 min walk 5 min	walk 5 min 1x run 30 min/walk 1 min walk 5 min

When to start:

- cleared by your OBGYN to start exercising
- consistent strengthening for at least 2-4 weeks
- you can walk 30min easily
- you do not leak when you walk
- your physical therapist tells you you're ready

Depending how you feel:

- go back one workout
- repeat the same workout
- skip a workout