



Return to Run

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	5x1min run 1 min walk	Rest or Cross Train	5x1min run 1 min walk	Rest or Cross Train	5x2min run 1 min walk	Rest or Cross Train	5x2min run 1 min walk
Week 2	Rest or Cross Train	5x3min run 1 min walk	Rest or Cross Train	5x3min run 1 min walk	Rest or Cross Train	5x4min run 1 min walk	REST
Week 3	5x5min run 1 min walk	Rest or Cross Train	2x10 min run 2 min walk	Rest or Cross Train	2x10 min run 2 min walk	Rest or Cross Train	20 min run
Week 4	Rest or Cross Train	20 min run	25 min run	Rest or Cross Train	25 min run	30 min run	REST
Week 5	30 min run	30 min run	Rest or Cross Train	35 min run	Rest or Cross Train	35 min run	REST
Week 6	35 min run	Rest or Cross Train	40 min run	40 min Run	Rest or Cross train	45 min run	REST

**Progress to next stage only if there is no increase in pain