

Return to Running Progression

Walk 5 min - jog 3 min. Repeat two times. 3 days rest

Walk 5 min - jog 4 min. Repeat two times. 3 days rest

Walk 5 min - jog 5 min. Repeat two times. 3 days rest

Walk 4 min - jog 5 min. Repeat two times. 3 days rest

Walk 3 min - jog 5 min. Repeat two times. 3 days rest

Walk 2 min - jog 5 min. Repeat two times. 3 days rest

Jog 15-20 min. If no pain then continue to increase time and speed.