**JOGGING REHAB PROGRAM**

* A graded program to progress from walking to running.
* WARM UP with your specific loading exercises.
* If time allows: run day on / day off - not 2 days in a row.
* Complete a level without pain worsening, during, or on the following day, before progressing to the next level.
* If you are worse during a stage, or pull up more sore the next day: stop, ice, take a full 24 hours off and re-attempt the same stage.

**LEVEL 1 TOTAL:**

• 1 minute jog / 1 minute walk X 5 5 MIN SLOW JOG

* Day Off

• 1 minute jog / 1 minute walk X 5 5 MIN SLOW JOG

**LEVEL 2**

• 2 minute jog / 1 minute walk X 5 10 MIN JOG

* Day Off

• 2 minute jog / 1 minute walk X 5 10 MIN JOG

**LEVEL 3**

• 2 minute jog / 1 minute walk X 5

• 5 minute continuous jog 15 MIN JOG

* Day off

• 2 minute jog / 1 minute walk X 5

• 5 minute continuous jog 15 MIN JOG

**LEVEL 4**

• 2 minute jog / 1 minute walk X 5

• 10 minute continuous jog 20 MIN JOG

**LEVEL 5**

• 2 minute jog / 1 minute walk X 5

• 15 minute continuous jog 25 MIN JOG

**LEVEL 6**

• 2 minute jog / 1 minute walk X 5

• 20 minute continuous jog 30 MIN JOG

**LEVEL 7**

• RUNNING REHAB PROGRAM