

JOGGING REHAB PROGRAM

- A graded program to progress from walking to running.
 - WARM UP – leg stretches and 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 sore the next day: stop, ice, take a full 24 hours off and re-attempt the same stage.
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LEVEL 1

- 1 minute jog / 1 minute walk X 5
- Day Off
- 1 minute jog / 1 minute walk X 5

TOTAL:

5 MIN SLOW JOG

5 MIN SLOW JOG

LEVEL 2

- 1 minute jog / 1 minute walk X 5
- 2 minute jog / 1 minute walk X 5
- Day Off
- 1 minute jog / 1 minute walk X 5
- 2 minute jog / 1 minute walk X 5

15 MIN JOG

15 MIN JOG

LEVEL 3

- 1 minute jog / 1 minute walk X 5
- 2 minute jog / 1 minute walk X 5
- 5 minute continuous jog
- Day off
- 1 minute jog / 1 minute walk X 5
- 2 minute jog / 1 minute walk X 5
- 5 minute continuous jog

20 MIN JOG

20 MIN JOG

LEVEL 4

- 1 minute jog / 1 minute walk X 5
- 2 minute jog / 1 minute walk X 5
- 10 minute continuous jog

25 MIN JOG

LEVEL 5

- 1 minute jog / 1 minute walk X 5
- 2 minute jog / 1 minute walk X 5
- 15 minute continuous jog

30 MIN JOG

LEVEL 6

- 1 minute jog / 1 minute walk X 5
- 2 minute jog / 1 minute walk X 5
- 20 minute continuous jog

35 MIN JOG

LEVEL 7

- RUNNING REHAB PROGRAM