

## **JOGGING REHAB PROGRAM**

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- A gradual progressive jogging program to progress from walking to running after lower limb injury.
  - WARM UP – leg stretches & your specific loading exercises.
  - If time allows: run day on / day off - not 2 days in a row.
  - Complete a level without pain / tearing / pulling / tightness / worsening, & with no swelling or soreness on the following day, before progressing to the next level. If you have pain etc during a stage, or pull up sore the next day: stop, ice, take a full 24 hours off & re-attempt the same stage again.
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### **LEVEL 1**

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

### **TOTAL:**

5 MIN SLOW JOG

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### **LEVEL 2**

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

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
- Repeat

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
- Day Off

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
- Day Off

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
- Day Off

35 MIN JOG

### **LEVEL 7**

- RUNNING REHAB PROGRAM