

RETURN TO RUNNING POSTPARTUM - INTERVAL PROGRAM

	Day 1	Day 2	Day 3	Day 4
Week 1	5x (1'run + 1' walk)	7x (1'run + 1'walk)	10x (1'run + 1'walk)	12x (1'run + 1'walk)
Week 2	15x (1'run + 1'walk)	5x (2'run + 1' walk)	7x (2'run + 1' walk)	10x (2'run + 1'walk)
Week 3	12x (2'run + 1'walk)	5x (3'run + 1' walk)	7x (3'run + 1' walk)	8x (3'run + 1' walk)
Week 4	9x (3'run + 1' walk)	5x (4'run + 1' walk)	6x (4'run + 1' walk)	7x (4'run + 1' walk)
Week 5	5x (5'run + 1' walk)	6x (5'run + 1' walk)	4x (6'run + 1' walk)	4x (7'run + 1' walk)
Week 6	3x (8'run + 1' walk)	3x (10'run + 1' walk)	2x (14'run + 1' walk)	1 x 30' run

***This program was translated from French and created by Douanka Gendreau, Pelvic Health Physiotherapist, and Blaise Dubois, Physiotherapist. Source: <https://therunningclinic.com/runners/blog/archives-anglaises/post-partum-running/>*