

Return to Running Progression	
Week	Walk-Run Protocol
Week 1	4-minute Walk, 1-minute jog 50-60% intensity - 15-20 Minute Workout
Week 2	3-minute Walk, 2-minute jog 50-60% intensity - 15-20 Minute Workout
Week 3	2-minute Walk, 3-minute jog 50-60% intensity - 20 Minute Workout
Week 4	1-minute Walk, 4-minute jog 50-60% intensity - 15-20 Minute Workout
Week 5+	Gradually increase the Intensity and Duration of Jog
*allow 1-2 days of rest between Running Progression Workouts, reduce load if Pain/Effusion present	