

## Guide to resuming running after having a baby.

### Before starting:

Are you 12-weeks Post-natal?	YES	NO
Have you been medically cleared to start exerc	YES	NO
Do you have any incontinence	YES	NO
Do you have any abdominal separation?	YES	NO
Do you have any back or pelvic pain?	YES	NO
Do you have any other injuries knees/hips/ank	YES	NO
Are you comfortable walking 20min?	YES	NO

### Weekly Checklist:

Any back or pelvic pain?	YES	NO
Have you had any bladder leakage?	YES	NO
Adbominal or vaginal heaviness or dragging?	YES	NO
Are you feeling rundown/ tired?	YES	NO

### Week 1:

- M Walk 30min
- T 5-min conditioning
- W Walk 30min
- T 5-min conditioning
- F Walk 30min
- S Stretch
- S Walk 30min

### Week 2:

- Walk 5min/Run 1min for 30min
- 5-min conditioning
- Walk 30min
- 5-min conditioning
- Walk 5min/Run 1min for 30min
- Stretch
- Walk 40min



*If any of your answers are in the Bright Yellow please contact me before continuing.*

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### Week 3:

- 5-min conditioning
- Walk 4min/Run 2min for 30min
- Stretch
- Walk 40min
- 5-min conditioning
- Stretch
- Walk 4min/Run 2min for 30min

#### Week 4:

M Walk 40min  
T 5-min conditioning  
W Walk 3min/Run 3min for 30min  
T Stretch  
F Walk 3min/Run 3min for 30min  
S 5-min conditioning  
S Walk 40min

#### Week 7:

M Run 8min/Run 1min x4  
T 5-min conditioning  
W Run 8min/Walk 1min x4  
T Stretch  
F Run 8min/Walk 1min x4  
S 5-min conditioning  
S Walk 40min

#### Week 10:

M Run 20min/Walk 1min x2  
T Stretch  
W Run 20min/Walk 1min x2  
T 5-min conditioning  
F Walk 40min  
S Stretch  
S Run 40min

#### Week 5:

Stretch  
Walk 2min/Run 4min for 30min  
5-min conditioning  
Walk 40min  
Stretch  
Walk 2min/Run 4min for 30min  
5-min conditioning

#### Week 8:

5-min conditioning  
Run 10min/Walk 2min x4  
Stretch  
Run 10min/Walk 2min x4  
5-min conditioning  
Walk 40min  
Stretch

#### Week 6:

Walk 1min/Run 5min x6  
Stretch  
Walk 40min  
5-min conditioning  
Walk 1min/Run 5min x6  
Stretch  
Walk 40min

#### Week 9:

Run 15min/Walk 1min x3  
5-min conditioning  
Run 15min/ Walk 1min x3  
Stretch  
Run 15min/Walk 1min x3  
5-min conditioning  
Walk 40min

Contact me for more information:

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