

6 Week Postpartum Running Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	15 Minute Core & Pelvic Floor Strength	5 Min Run, 5 Min Walk x3	Cross Training: Yoga	5 Min Run, 5 Min Walk x3	Strength Training: 30 Minute Legs	10 Min Run, 5 Min Walk x2	Rest
2	15 Minute Core & Pelvic Floor Strength	8 Min Run, 3 Min Walk x3	Cross Training: Yoga	10 Min Run, 3 Min Walk x2	Strength Training: 30 Minute Upper Body	15 Min Run, Min Walk x2	Rest
3	20 Minute Core & Pelvic Floor Strength	10 Min Run, 3 Min Walk x3	Cross Training: Yoga	15 Min Run, 5 Min Walk x2	Strength Training: 30 Minute Hips & Glutes	15 Min Run, 3 Min Walk x2	Rest
4	20 Minute Core & Pelvic Floor Strength	18 Min Run, 2 Min Walk x2	Cross Training: Yoga	18 Min Run, 2 Min Walk x2	Strength Training: 30 Minute Legs	20 Minute Run	Rest
5	25 Minute Core & Pelvic Floor Strength	20 Minute Run	Cross Training: Yoga	15 Min Run, 3 Min Walk x2	Strength Training: 30 Minute Upper Body	25 Minute Run	Rest
6	30 Minute Core & Pelvic Floor Strength	20 Minute Run	Cross Training: Yoga	15 Min Run, 3 Min Walk x2	Strength Training: 30 Minute Hips & Glutes	30 Minute Run	Rest