RETUR	RETURN TO ACTIVITY SCHEDULE FOR:						DATE:		
WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL WEEKLY MILES RUN	
1	Walk = 1/4 mile	ACTIVE REST	Walk = 1/4 mile	ACTIVE REST	Walk = 1/4 mile	ACTIVE REST	TOTAL REST	3.0	
	Run = 1/2 mile	- Swimming	Run = 1/2 mile	- Swimming	Run = 1/2 mile	- Swimming			
	Walk = 1/4 mile	- Water Running	Walk = 1/4 mile	- Water Running	Walk = 1/4 mile	- Water Running			
	Run = 1/2 mile	- Cycling	Run = 1/2 mile	- Cycling	Run = 1/2 mile	- Cycling			
	Walk = 1/4 mile	- UE Ergometer	Walk = 1/4 mile	- UE Ergometer	Walk = 1/4 mile	- UE Ergometer			
2	Walk = 1/4 mile	ACTIVE REST	Walk = 1/4 mile	ACTIVE REST	Walk = 1/4 mile	ACTIVE REST	TOTAL REST	3.75	
	Run = 1 1/4 mile		Run = 1 1/4 mile		Run = 1 1/4 mile				
	Walk = 1/4 mile	LATINE BEAT	Walk = 1/4 mile	A CHILLE DECE	Walk = 1/4 mile	LOTHE DEAT	TOTAL DEAT		
3	Walk = 1/4 mile	ACTIVE REST	Walk = 1/4 mile	ACTIVE REST	Walk = 1/4 mile	ACTIVE REST	TOTAL REST	4.5	
	Run = 1 1/2 mile		Run = 1 1/2 mile		Run = 1 1/2 mile				
	Walk = 1/4 mile		Walk = 1/4 mile		Walk = 1/4 mile				
4	Walk = 1/4 mile	ACTIVE REST	Walk = 1/4 mile	ACTIVE REST	Walk = 1/4 mile	ACTIVE REST	TOTAL REST	5.25	
	Run = 1 3/4 mile		Run = 1 3/4 mile		Run = 1 3/4 mile				
	Walk = 1/4 mile		Walk = 1/4 mile		Walk = 1/4 mile				
5	Walk = 1/4 mile	ACTIVE REST	Walk = 1/4 mile	ACTIVE REST	Walk = 1/4 mile	ACTIVE REST	TOTAL REST	6	
•	Run = 2 miles		Run = 2 miles		Run = 2 miles				
	Walk = 1/4 mile		Walk = 1/4 mile		Walk = 1/4 mile				
6	Walk = 1/4 mile	Walk = 1/4 mile	ACTIVE REST	Walk = 1/4 mile	Walk = 1/4 mile	ACTIVE REST	ACTIVE REST	8	
_	Run = 2 mile	Run = 2 mile		Run = 2 miles	Run = 2 mile				
	Walk = 1/4 mile	Walk = 1/4 mile		Walk = 1/4 mile	Walk = 1/4 mile				
7	Walk = 1/4 mile	Walk = 1/4 mile	ACTIVE REST	Walk = 1/4 mile	Walk = 1/4 mile	ACTIVE REST	ACTIVE REST	9.5	
	Run = 2 1/2 mile	Run = 2 1/4 mile		Run = 2 1/2 mile	Run = 2 1/4 mile				
	Walk = 1/4 mile	Walk = 1/4 mile		Walk = 1/4 mile	Walk = 1/4 mile				
8	Walk = 1/4 mile	Walk = 1/4 mile	ACTIVE REST	Walk = 1/4 mile	Walk = 1/4 mile	ACTIVE REST	ACTIVE REST	11	
_	Run = 2 3/4 mile	Run = 2 3/4 mile		Run = 2 3/4 mile	Run = 2 3/4 mile				
	Walk = 1/4 mile	Walk = 1/4 mile		Walk = 1/4 mile	Walk = 1/4 mile				
9	Walk = 1/4 mile	Walk = 1/4 mile	ACTIVE REST	Walk = 1/4 mile	Walk = 1/4 mile	ACTIVE REST	ACTIVE REST	12	
•	Run = 3 mile	Run = 3 mile		Run = 3 mile	Run = 3 mile				
	Walk = 1/4 mile	Walk = 1/4 mile		Walk = 1/4 mile	Walk = 1/4 mile				
10	Walk = 1/4 mile	Walk = 1/4 mile	ACTIVE REST	Walk = 1/4 mile	Walk = 1/4 mile	ACTIVE REST	ACTIVE REST	14	
	Run = 3 1/2 mile	Run = 3 1/2 mile		Run = 3 1/2 mile	Run = 3 1/2 mile				
	Walk = 1/4 mile	Walk = 1/4 mile		Walk = 1/4 mile	Walk = 1/4 mile				
11	Walk = 1/4 mile	Walk = 1/4 mile	Walk = 1/4 mile	ACTIVE REST	Walk = 1/4 mile	Walk = 1/4 mile	ACTIVE REST	17.5	
''	Run = 3 1/2 mile	Run = 3 1/2 mile	Run = 3 1/2 mile		Run = 3 1/2 mile	Run = 3 1/2 mile			
	Walk = 1/4 mile	Walk = 1/4 mile	Walk = 1/4 mile		Walk = 1/4 mile	Walk = 1/4 mile			
12	Walk = 1/4 mile	Walk = 1/4 mile	Walk = 1/4 mile	ACTIVE REST	Walk = 1/4 mile	Walk = 1/4 mile	ACTIVE REST	19	
	Run = 3 1/2 mile	Run = 4 mile	Run = 3 1/2 mile		Run = 4 mile	Run = 4 mile			
	Walk = 1/4 mile	Walk = 1/4 mile	Walk = 1/4 mile		Walk = 1/4 mile	Walk = 1/4 mile			
13	Walk = 1/4 mile	Walk = 1/4 mile	Walk = 1/4 mile	ACTIVE REST	Walk = 1/4 mile	Walk = 1/4 mile	ACTIVE REST	21.5	
	Run = 4 1/2 mile	Run = 4 mile	Run = 4 1/2 mile		Run = 4 1/2 mile	Run = 4 mile			
	Walk = 1/4 mile	Walk = 1/4 mile	Walk = 1/4 mile		Walk = 1/4 mile	Walk = 1/4 mile			
14	Walk = 1/4 mile	Walk = 1/4 mile	Walk = 1/4 mile	ACTIVE REST	Walk = 1/4 mile	Walk = 1/4 mile	ACTIVE REST	25.0	
••	Run = 5 mile	Run = 5 mile	Run = 5 mile		Run = 5 mile	Run = 5 mile			
	Walk = 1/4 mile	Walk = 1/4 mile	Walk = 1/4 mile		Walk = 1/4 mile	Walk = 1/4 mile			

- Start Running Program after 2-5 days of pain free walking
- Average time to complete running program: 2-3 months