

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

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