

the physios

R2R | Return to Run

0-6 weeks | 0-30mins

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Run	Mobility	Strength	Run	Mobility	Rest	Strength
Week 1	7 series warm up 1:1 12mins	7 series roller mobility	7 series core stability	7 series warm up 1:1 20mins	7 series roller mobility	Rest	7 series core stability
Week 2	7 series warm up 1:3 12mins	7 series roller mobility	7 series core stability	7 series warm up 1:3 20mins	7 series roller mobility	Rest	7 series running strength
Week 3	7 series warm up 1:5 12mins	7 series roller mobility	7 series running strength	7 series warm up 1:5 18mins	7 series roller mobility	Rest	7 series running strength
Week 4	7 series warm up 1:5 24mins	7 series roller mobility	7 series roller core	7 series warm up 1:5 20mins	7 series roller mobility	Rest	7 series roller core
Week 5	7 series warm up 20mins	7 series roller mobility	7 series roller core	7 series warm up 25mins	7 series roller mobility	Rest	7 series glute strength
Week 6	7 series warm up 20mins	7 series roller mobility	7 series glute strength	7 series warm up 30mins	7 series roller mobility	Rest	7 series glute strength

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6-12 weeks | 30-60mins

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Run	Mobility + strength	Run	Mobility +/- extra strength	Run	Mobility	Rest
Week 7	7 series warm up 10mins	7 series roller mobility + core stability	7 series warm up 10mins	7 series roller mobility + core stability	7 series warm up 35mins	7 series roller mobility	Rest
Week 8	7 series warm up 10mins	7 series roller mobility + running strength	7 series warm up 15mins	7 series roller mobility + running strength	7 series warm up 40mins	7 series roller mobility	Rest
Week 9	7 series warm up 15mins	7 series roller mobility + roller core	7 series warm up 15mins	7 series roller mobility + roller core	7 series warm up 45mins	7 series roller mobility	Rest
Week 10	7 series warm up 15mins	7 series roller mobility + glute strength	7 series warm up 20mins	7 series roller mobility + glute strength	7 series warm up 50mins	7 series roller mobility	Rest
Week 11	7 series warm up 18mins	7 series roller mobility + plyo	7 series warm up 20mins	7 series roller mobility + plyo	7 series warm up 55mins	7 series roller mobility	Rest
Week 12	7 series warm up 20mins	7 series roller mobility + running strength	7 series warm up 20mins	7 series roller mobility + running strength	7 series warm up 60mins	7 series roller mobility	Rest