R2R | Return *to* Run

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