



Craig Brown BSc (Hons) MCSP Physiotherapist

Each week aim to run 3 X per week with at least a day off in-between each run e.g Mon / Wed / Fri.

For each run complete the times 6 X so that you are out on a run for a 30 min period.

If you feel pain whilst running, slow down and if it continues, stop. Then the next time you run go back a week to where it was not painful and only progress forward if it continues to be pain free.

If pain persists consult your Physiotherapist.

Happy Running

Introduction to running progression

<b>Week</b>	<b>Walk</b>	<b>Run</b>
1	4.5 min	0.5 min
2	4 min	1 min
3	3.5 min	1.5 min
4	3 min	2 min
5	2.5 min	2.5 min
6	2 min	3 min
7	1.5 min	3.5 min
8	1 min	4 min
9	0.5 min	4.5 min
10	<b>Continuous Running</b>	<b>for 30 min</b>

CB Physio  
Building 7  
Pannal Business Park  
Station Road  
Harrogate  
HG31JL

Mob: 07837 791 590

Email: [Enquiries@cbphysio.co.uk](mailto:Enquiries@cbphysio.co.uk)