



Indiana University Health

IU Health Physicians Orthopedics & Sports Medicine

RETURN TO RUNNING PROGRAM

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Sports Medicine, Cartilage Restoration, Shoulder/Elbow

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Patient Name: _____

Total of 4, 30 minute jogs per week

Week 1:

5 min jog 5 min walk

Week 2:

6 min jog 4 min walk



Week 3:

7 min jog 3 min walk

Week 4:

8 min jog 2 min walk

Week 5:

9 min jog 1 min walk

Week 6:

10 min jogcontinuous