

Seven-Week Return to Returning Program

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Walk 10 min, Run 5 min, Walk 5 min, Run 5 min	Run in water or other training	Run in water or other training	Walk 5 min, Run 5 min, Walk 5 min, Run 5 min, Walk 5 min, Run 5 min	Run in water or other training	Run in water or other training	Walk 3 min, Run 7 min, Walk 3 min, Run 7 min, Walk 3 min, Run 7 min
2	Run in water or other training	Walk 2 min, Run 8 min, Walk 2 min, Run 8 min, Walk 2 min, Run 8 min	Run in water or other training	Run 10 min, Walk 2 min, Run 10 min, Walk 2 min, Run 10 min	Run in water or other training	Run 12 min, Walk 2 min, Run 12 min, Walk 2 min, Run 10 min	Run in water or other training
3	Run 15 min, Walk 2 min, Run 15 min	Run in water or other training	Run 20 min, Walk 2 min, Run 10 min	Run in water or other training	Run 25 min	Run in water or other training	Run 30 min
4	Run in water or other training	Run 25 min	Run 30 min	Run in water or other training	Run 25 min	Run 35 min	Run in water or other training
5	Run 30 min	Run 35 min	Run in water or other training	Run 30 min plus 6 x 100 meter stridouts	Run 30 min	Run 40 min	Run in water or other training
6	Tempo Run (15 min warm-up, 15 min @ 15 km race pace)	Run 30 min	Run 45 min	Run in water or other training	Run 40 min plus 6 x 100 meter strideouts	Run 30 min	Run 50 min
7	Run in water or other training	Run 35 min	Tempo Run (15 min warm-up, 20 min @ 15 km race pace)	Run 35 min	Run in water or other training	Run 40 min plus 6 x 100 meter strideouts	Run 55 min

Source: <http://pfitzinger.com/labreports/stressfracture.shtml>

