Your return, *one step at a time*

Go at your pace. Repeat a step for as long as you need.
Sample Session: Postpartum Return to Run/Walk · Time: about 33 minutes · Do it: 3 times a week, on non-consecutive days · Where: a flat, even route

Check with your doctor or midwife before you start or return to running.

DATE _____ EFFORT (1 TO 10) _____ ANY STOP SIGNS? ☐ NONE ☐ YES _____

1. WARM-UP (5 MINUTES, PLUS 2 MINUTES OF PREP)

MOVE	AMOUNT	DONE
Diaphragmatic breathing, standing: breathe into your ribs and belly, exhale slowly	5 breaths	☐
Pelvic floor connection: gentle lift on the exhale, fully relax on the inhale	5 reps	☐
Glute bridge (on a mat before you go) or standing hip hinge	8 reps	☐
Brisk walk, building gradually to a comfortable, purposeful pace	5 minutes	☐

2. MAIN SET (18 MINUTES)

6 rounds of: 1 minute easy jog + 2 minutes walk

ROUND	JOG	WALK	DONE
1	1 min	2 min	☐
2	1 min	2 min	☐
3	1 min	2 min	☐
4	1 min	2 min	☐
5	1 min	2 min	☐
6	1 min	2 min	☐

How hard should it feel? Effort 3 to 5 out of 10. Use the talk test: you should be able to talk in full sentences while you jog. Short, light, quiet steps. Relaxed shoulders. Breathe out steadily.

3. COOL-DOWN (8 MINUTES)

MOVE	AMOUNT	DONE
Easy walk	5 minutes	☐
Calf stretch against a wall	30 seconds per side	☐
Standing quad stretch, holding onto something	30 seconds per side	☐
Slow breathing, then a gentle pelvic floor lift and full release	5 breaths	☐

STOP SIGNS: PAUSE AND GET CHECKED

Pause and talk to your clinician or a pelvic health physiotherapist if you notice any of these, during or after exercise:

- Leaking urine, wind or stool
- A feeling of heaviness, pressure or dragging in the pelvis
- Pain in the pelvis, lower back, hips or around a C-section scar
- Doming or bulging along the middle of your abdomen
- Bleeding that returns or increases after activity

These are common, and they're treatable. They're signals to adjust, not things to push through.

NOTES