



# Train Run Repeat

## Return to running plan – Covid edition

	Day one	Day two	Day three	Day four	Day five	Day six	Day seven
<b>Stage one</b>	Walking (15 mins)	REST	REST	Walking (15 mins)	REST	Walking (15 mins)	REST
<b>Stage two</b>	Walking (20 mins)	REST	REST	Walk/run: • Warm-up: 5 mins walk • 2 mins easy run; 3 mins walk (two times) • Cool down: 5 mins walk (20 mins total)	REST	Walking or Stationary bike (20mins)	REST
<b>Stage three</b>	Walk/run: • Warm-up: 5 mins walk • 2 mins easy run; 3 mins walk (two times) • Cool down: 5 mins walk (20 mins total)	REST	Walking (20 mins)	REST	Walk/run: • Warm-up: 5 mins walk • 3 mins easy run; 2 mins walk (two times) • Cool down: 5 mins walk (20 mins total)	REST	Walking/ Stationary bike (15 – 20 mins)
<b>Stage four</b>	Walk/run: • Warm-up: 5 mins walk • 3 mins easy run; 2 mins walk (two times) • Cool down: 5 mins walk (20 mins total)	REST	Walk/run: • Warm-up: 5 mins walk • 4 mins easy run; 1 min walk (two times) • Cool down: 5 mins walk (20 mins total)	REST	Walk/run • Warm-up: 5 mins walk • 4 mins easy run; 1 min walk (three times) • Cool down: 5 mins walk (25 mins total)	REST	<b>Walking/ Stationary bike (30 mins)</b> <b>Bodyweight circuit:</b> 10 squats 10 reverse lunges (on each leg) 30 sec plank 10 press-ups/push-ups  Do one set, rest for 1 minute and repeat

<b>Stage five</b>	<p>Running</p> <ul style="list-style-type: none"> <li>• Warm-up: 5 mins walk</li> <li>• 15 mins continuous running</li> <li>• Cool down: 5 mins walk (25 mins total)</li> </ul>	<p>REST</p>	<p>Walk/run</p> <ul style="list-style-type: none"> <li>• Warm-up: 5 mins walk</li> <li>• 4 mins easy run; 1 min walk (six times)</li> <li>• Cool down: 5 mins walk (40 mins total)</li> </ul>	<p>REST</p>	<p>Running</p> <ul style="list-style-type: none"> <li>• Warm-up: 5 mins walk</li> <li>• 15 mins continuous running</li> <li>• Cool down: 5 mins walk (25 mins total)</li> </ul>	<p>REST</p>	<p><b>Walking/ Stationary bike</b> (30 mins)  <b>Bodyweight circuit:</b>  10 squats  10 reverse lunges (on each leg)  30 sec plank  10 press-ups/push-ups</p> <p>Do one set, rest for 1 minute and repeat twice (three sets in total)</p>
<b>Stage six</b>	<p>Run 30 mins</p>	<p>REST</p>	<p>Run 30 mins</p>	<p>REST</p>	<p><b>Run</b> 30 mins  <b>Bodyweight circuit:</b>  10 squats  10 reverse lunges (on each leg)  30 sec plank  10 press-ups/push-ups</p> <p>Do one set, rest for 1 minute and repeat twice (three sets in total)</p>	<p>REST</p>	<p><b>Cross training</b> (bike/swimming/walking ) 40 mins  <b>Bodyweight circuit:</b>  10 squats  10 reverse lunges (on each leg)  30 sec plank  10 press-ups/push-ups</p> <p>Do one set, rest for 1 minute and repeat twice (three sets in total)</p>



# Train Run Repeat

## Before you start this plan read this...

### Before you start:

- This plan should not replace any medical advice you have been given about returning to running after Covid.
- Before you start this plan, you should be symptom-free and off any medication (including over-the-counter medicines such as paracetamol).
- You should also be able to walk for 10 mins without feeling breathless **and** able to complete your usual day-to-day activities.
- If you had any complications (particularly relating to your heart or lung function) or had a hospital stay as a result of Covid, get medical advice before re-starting exercise.

### About the plan:

- Everyone I have spoken to who has had Covid has had different experiences when it comes to returning to exercise. This is a guide not a rigid plan – do what works for you.
- The plan is in stages and not weeks – ensure you can complete a stage comfortably before moving on. If you can't, go back to the previous stage and re-do that before moving to the next stage.
- Go at your own pace and take it slowly. If you have a sports watch with a heart rate monitor – use this to measure your progress. For the first three weeks keep your heart rate below 70% of maximum.
- Alternatively, stay below 7 RPE (Rate Perceived Exertion Scale). Remember, what would have been 'easy' (or RPE 3 or 4) before Covid may seem a lot a harder (RPE 7 or 8) as your body recovers. Be kind to yourself.
- The aim of the plan is to steadily increase the frequency, then duration and then intensity – not all three at once.
- Rest days are just that. Rest.

### Any questions:

Email: [coach@trainrunrepeat.co.uk](mailto:coach@trainrunrepeat.co.uk) and we will aim to respond to you within 24 hours.

### And finally...

You are welcome to share this plan – it is free. However, it cannot to be used commercially.