



Running on Coffee
Post Partum Running Plan

YOU GOT THIS MAMA!



Running on Coffee **Post Partum Running Plan**

Whether your goal is to run 1 mile, a 5K, a 10K or even a half marathon the Running on Coffee Post Partum Running plan can help you get there!

The process of getting back into running post-partum can be very frustrating, take it slow and listen to your body!

How it works

This program uses the run/walk method to get you back in the groove. The first 4 weeks of the Running on Coffee post-partum running program we recommend using the Run/walk method as outlined below. You can continue this method throughout the whole program if you wish!



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Run/ Walk

Do not underestimate this technique!

Even runners running a 9 minute mile pace for a half marathon can complete the entire 13.1 miles while running for 2 minutes and walking for 30 seconds and maintain a 9 minute mile pace!



Week 1

Regardless of previous running experience you will start with running 15 seconds, walking 60 seconds

For weeks 2-4 select your Pace from below

Pace A: If you are an experienced runner and ran throughout your pregnancy

RUN 90 sec/ WALK 30 sec

Pace B: If you have previously ran, limited running during pregnancy

RUN 60 sec/ WALK 30 sec

Pace C: You are just starting to run

RUN 15 sec/ WALK 30 sec



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Don't Forget!

Warm up

Walk for 3-5 minutes before starting your run

Cool Down

Walk for 5 -10 minutes at a gentle stride

Stay Hydrated

Drink plenty of water after your run!

Pick your distance goal!

5K, 10K or half marathon!

Take it slow, be patient with

yourself!

YOU GOT THIS MAMA!

Disclaimer: This training advise is given from one post-partum runner to another. For medical advise consult your health care provider. If at any point during this program you experience pain contact your medical provider. As the success of completion of this program depends on many factors we do not guarantee your success in completing the running program.



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20

Weeks to 13.1 miles

10

weeks to 10K

6

weeks to 5K



Plan

Tuesday, Thursday 30 minute runs

Run, jog and walk for 30 minutes total
Don't worry about how far you make it!

Saturday

Specific mile runs: complete the mileage listed in the Saturday

Don't worry about how long this takes you!

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Week	30 min. Tues	30 min. Thurs	Sat
1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Mark the runs after you complete it!



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Week ^{30 min.} **Tues** | ^{30 min.} **Thurs** | **Sat**

1
2
3
4
5
6
7
8
9
10



Running of Coffee Half Marathon

Week	^{30 min.} Tues	^{30 min.} Thurs	Sat
1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Running of Coffee

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Week	30 min. Tues	30 min. Thurs	Sat
12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

 *Half Marathon*



Disclaimer

This information is for informational purposes only. All exercise and dietary changes can be potentially dangerous and those who do not receive clearance from their personal healthcare provider assume liability of any injury which may occur.