

## TEAMMAMAs RETURN TO RUNNING PROGRAMME



So you've dusted off your old trainers, squeezed into those old leggings (*quick sniff, do they need a wash? Nah! They'll do!*) You're ready to go. Desperate to just GET OUT THERE...

HANG ON...Before you get going here are a few pointers to help you:

- + *Have you had your 6-8 week check and sign off from GP?*
- + *Do you need any additional checks from your WHP (Womens Health Physio) or Advanced Post-Natal Specialist? Eg do you know if you have a separation of tummy muscles or does anything accidentally leak out 'down there'?*
- + *What were your pre-pregnancy fitness levels? Don't put pressure on yourself to return at a level you used to be at immediately, just focus on one foot in front of the other and enjoy the journey.*
- + *TIP: safely strengthen your pelvic floor and your core FIRST! It will help...we promise! We can suggest some safe exercises..just get in touch!*
- + *Don't worry, you can run if you are breast feeding! Just increase your water intake on your training days*
- + *Make sure you wear a good bra (or 3!) and plan your run, timing is key! Nothing worse than a hungry baby mid-run, or full boobs!*
- + *If you can, get your feet measured and gait analysis done. Along with everything else foot size and /or gait can change post pregnancy. Oh the joys!*
- + *If you're running with a buggy make sure that firstly it works and secondly your baby is safely supported and strapped in. Sounds obvious doesn't it...but you'd be surprised!*

So.. you're ready to go! Here's our suggested **TEAMMAMA RETURN TO RUNNING** programme. Work the timings in to suit YOU. If you need more advice, tips, or just a big high five and a 'pat on the back' please get in touch!

### **Things to think about:**

- + *How do YOU feel? Don't go crazy, just remember to enjoy it.*
- + *Be kind to yourself, be realistic and listen to your body. If it hurts, or leaks...slow down! Take it back to a power walk. Please get in touch if you need any further advice or recommendations.*
- + *Start slowly and build up gently. Rest in between sessions.*
- + *Take your time, walking for a few days or weeks before you start on a return to running programme. **Remember: The slower you start, the further you'll go.***

TeamMama bring you a community of support: FitMama Classes, CoreMama Classes, Personal Training, MamaCheck, MamaCoach and TotalMama.

**Get in touch for more information. [www.teammama.co.uk](http://www.teammama.co.uk) / [info@teammama.co.uk](mailto:info@teammama.co.uk)**

**TeamMama Programme:**

*Wear comfortable clothes, shoes and a well fitted bra. Take water...and GO!*

*PW = Power Walk: slightly out of breath, flushed cheeks, warm.*

*R = Run: gentle jog, good form, core engaged. If running with a buggy remember to switch arms every few strides and relax shoulders.*



	<u>Session 1</u>	<u>Session 2</u>	<u>Session 3</u>
<u>Week 1</u> (after 6-8 week GP sign off!)	5min Warm Up 4min PW : 1min R 4min PW : 1min R 5 min Cool Down and Stretch	5min Warm Up 4min PW : 1min R 4min PW : 1min R 5 min Cool Down and Stretch	5min Warm Up 4min PW : 1min R 4min PW : 1min R 5 min Cool Down and Stretch
<u>Week 2</u>	5min Warm Up 3min PW : 2min R 3min PW : 2min R 5 min Cool Down and Stretch	5min Warm Up 3min PW : 2min R 3min PW : 2min R 5 min Cool Down and Stretch	5min Warm Up 3min PW : 2min R 3min PW : 2min R 5 min Cool Down and Stretch
<u>Week 3</u>	5min Warm Up 2min PW : 2min R 2min PW : 2min R 2min PW : 2min R 5 min Cool Down and Stretch	5min Warm Up 2min PW : 2min R 2min PW : 2min R 2min PW : 2min R 5 min Cool Down and Stretch	5min Warm Up 2min PW : 2min R 2min PW : 2min R 2min PW : 2min R 5 min Cool Down and Stretch
<u>Week 4</u>	5min Warm Up 2min PW : 3min R 2min PW : 3min R 2min PW : 3min R 5 min Cool Down and Stretch	5min Warm Up 2min PW : 3min R 2min PW : 3min R 2min PW : 3min R 5 min Cool Down and Stretch	5min Warm Up 2min PW : 3min R 2min PW : 3min R 2min PW : 3min R 5 min Cool Down and Stretch
<u>Week 5</u>	5min Warm Up 1min PW : 4min R 1min PW : 4min R 1min PW : 4min R 5 min Cool Down and Stretch	5min Warm Up 30sec PW : 5min R 30sec PW : 5min R 30sec PW : 5min R 5 min Cool Down and Stretch	5min Warm Up 30sec PW : 5min R 30sec PW : 5min R 30sec PW : 5min R 30sec PW : 5min R 5 min Cool Down and Stretch
<u>Week 6 +</u>	5min Warm Up 30sec PW : 10min R 30sec PW : 10min R 5 min Cool Down and Stretch	5min Warm Up 30sec PW : 10min R 30sec PW : 10min R 30sec PW : 10min R 5 min Cool Down and Stretch	5min Warm Up 20min R 5 min Cool Down and Stretch

**Please get in touch for more information: [www.teammama.co.uk](http://www.teammama.co.uk) / [info@teammama.co.uk](mailto:info@teammama.co.uk)**