Table B: Exercise parameters (frequency, intensity, rest, and type) for each phase of the postpartum return to running framework

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| --- | --- | --- | --- |
|  **Phase** | **Frequency** | **Intensity** | **Type** |
| STRENGTH[28](https://paperpile.com/c/ajoqCy/DKjq6) | ENDURANCE[28](https://paperpile.com/c/ajoqCy/DKjq6) | REST[28](https://paperpile.com/c/ajoqCy/DKjq6) |
| **Phase I** | Days per week:●Isometric 3-7●Isotonic or plyometric 2-3 Days | ●Low reps (goal 8-15)●High load●Borg RPE of 13-16 for most individuals; RPE 7-12 for very weak or deconditioned individuals) | ●High reps (goal 15-25)●Low load●Borg RPE 11-14 (fairly light- somewhat hard/hard) | ●Isometric: Rest between reps is double the work time●Isotonic/plyometric: Minimum of 2 minutes rest between sets●May need to increase (5+ minutes) for very weak, more fatigable individuals[90,91](https://paperpile.com/c/ajoqCy/jPvEP%2B7h7RG)  | Example principles:[28](https://paperpile.com/c/ajoqCy/DKjq6)● Isometric exercises● Isotonic exercises (through pain free and controlled ROM)●Bilateral closed chain or unilateral open chain● Stable surface●Gravity eliminated●Breath work with activation and relaxation |
| **Phase II** |   | ●Low reps (goal 8-15)●High load●Borg RPE of 13-16 | ●High reps (goal 15-25)●Low load●Borg RPE 11-14 | 2-3 minutes | ●Isometric exercises●Isotonic exercises●Bilateral closed chain or unilateral open and closed chain●Stable surface● Adjust to more challenging positions (against gravity, less synergistic muscle activity, challenge base of support) |
| **Phase III** |   |   |   | 2 minutes | ●Isometric●Isotonic exercises● Introduce resistance (weights, bands, etc.),●Vary stable to unstable surface (foam surface, ball, balance board, roller, disk) |
| **Phase IV** |   |   |   | 2 minutes | ●Isometric●Isotonic●Vary stable to unstable surface (foam surface, ball, balance board, roller, disk)●Plyometric exercises (running drills, agility drills, jump progressions) |

RPE: rate of perceived exertion; reps: repetitions; ROM: range of motion.