



Return to Running

BIRTHFIT Return to Running takes into account conditioning as well as unilateral strength and emphasizes that you do the warm ups and bring an awareness around nasal breathing. This program is about embracing the journey and being present in the training moments. It will be challenging, frustrating, and rewarding. We created this program to help re-establish a base level for running after giving birth.

As a reminder, we do not recommend running, jumping, or other dynamic movements within the initial eight weeks postpartum.

FAQs

Is this program for me?

If you are looking to start incorporating running back into your fitness routine and you have completed the BIRTHFIT Basics: Postpartum program—this is the program for you! It is written for anyone who is Postpartum.

I am currently going through the Postpartum Training program, can I do this too?

Yes you sure can! This program is 12 weeks long and has TWO training days a week. This is a great addition to your current strength training.

How long is each day's training?

Depending on how efficiently you move throughout out your workouts it can range from 40 to 60 minutes. we always recommend glancing at the workout the day before and watching through the videos.

Does this program require any equipment?

Nope! Just you, running shoes and your amazing body.

Do I get one on one support for any questions I have?

Since launching on the TrainHeroic App, we are now able to support all of our clients personally. We have a group chat option specific to the Return to Running Program and you have access to message our team directly. We are always here to support you!

Can I set my own start date and reset it at any time?

Upon purchase you can set your own start date as well as restart the program anytime you want. You will have access to this program for one year after purchasing so feel free to go through as many times as you want or start and move through at your own pace.