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**PROGRESSIVE RETURN TO RUNNING PROGRAM FOLLOWING
ACHILLES TENDONITIS**

Progression of activities, leading up to running, following diagnosis of Achilles tendinitis:

- Exercise bike/swimming x 6 weeks
- Progress to elliptical trainer x 6 weeks
- Progress to treadmill running x 6 weeks
- Progress to outdoor running, low impact x 6 weeks
- Progress to outdoor running, incorporating hills, slowly increase mileage