

POSTPARTUM RUNNING

Readiness Assessment

♡
Strong
mama.
Strong
foundation.



A simple self-check guide to help postpartum moms assess whether their body may be ready to begin returning to running after baby.

♡ BY ALYSSA SUTTON NUTRITION



IMPORTANT NOTE

Being “cleared” for exercise postpartum does not always mean your body is fully ready for impact activities like running.

This guide is not meant to diagnose or replace individualized medical care, but it can help you better understand common signs your body may still need support.



PAUSE & SEEK SUPPORT IF YOU NOTICE:

- Leaking during movement or exercise
- Pelvic heaviness or pressure
- Pain during exercise
- Abdominal coning or doming
- Persistent low back or pelvic pain
- Feeling unstable during impact

These symptoms can be signs your body may benefit from additional core and pelvic floor support before returning to running.



RUNNING READINESS CHECKLIST

Can you comfortably:

- Stand on one leg for 10 seconds per side
- Complete 10 single-leg squats each side
- Jog in place for 1 minute
- Perform 10 hops per leg
- Complete 10 forward bounds
- Walk briskly for 30 minutes without symptoms



CORE & BREATH CONNECTION

- Can you breathe without holding tension?
- Can you engage your core without bearing down?
- Do you feel connected and stable during movement?
- Does your body recover well after exercise?



NEXT STEPS

- ♡ **If you checked most boxes** and are symptom-free, you may be ready to begin a gradual return-to-running progression.
- ♡ **If not — that’s okay.** Postpartum recovery is not a race, and many moms benefit from rebuilding foundational core and pelvic floor strength before returning to impact.



Want more postpartum core support?

Explore my Restore program for beginner-friendly postpartum strength workouts designed to help moms rebuild confidence and strength safely.



Learn more at

suttonnutrition.net

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