

# 6-WEEK DIASTASIS RECTI HEALING PLAN

## WEEKS 1&2

### Day 1

-1 mile walk  
(medium pace)

### Day 2

-1 mile walk  
(medium pace)  
-Swim 50m x8.  
Rest as needed.

### Day 3

-1 mile walk  
(medium pace)

### Day 4

-1 mile walk  
(medium pace)  
-Swim 50m x8.  
Rest as needed.

### Day 5

-1 mile walk  
(medium pace)  
-30 minutes  
medium-intensity,  
low-impact cardio  
(bike, swim, row, elliptical)

## WEEKS 3&4

### Day 1

-1 mile brisk walk  
-Bodyweight core  
workout

### Day 2

-1 mile brisk walk  
-Swim 100m x4,  
resting as needed

### Day 3

-1 mile brisk walk  
-Bodyweight core  
workout

### Day 4

-1 mile brisk walk  
-Swim 100m x4,  
resting as needed

### Day 5

-1 mile brisk walk  
-30 minutes  
medium-intensity,  
low-impact cardio  
(bike, swim, row, elliptical)

## WEEKS 5&6

### Day 1

-Walk/run 30 minutes  
(2 min run, 3 min walk)  
-Bodyweight core  
workout

### Day 2

-Walk 20 minutes  
-Swim 200m x2,  
resting as needed.

### Day 3

-Walk/run 30 minutes  
(2 min run, 3 min walk)  
-Bodyweight core  
workout

### Day 4

-Walk 20 minutes  
-Swim 200m x2,  
resting as needed.

### Day 5

-Walk/run 30 minutes  
(2 min run, 3 min walk)  
-30 minutes  
medium-intensity,  
low-impact cardio  
(bike, swim, row, elliptical)