

How Long it Takes to Lose Fitness

Days of not running	Reduction in fitness	What this means for a 20 minute 5k runner
1-7 days	Negligible reduction in VO2 max and muscle power	Now running 20:10
10-14 days	6% reduction in VO2 max and minimal reductions in muscle power	Now in 21:05 shape
14-30 days	Estimated 12% reduction in VO2 max and decrease in muscle power	Now in 23:00 shape
30-63 days	19% reduction in VO2 max and significant decrease in muscle power	Now in 24:00 shape
63 days or more	25.7% reduction in VO2 max and significant decrease in muscle power	Now in 25:30 shape