


1 Mile Training Plan

Runnin' for Sweets 

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	CROSS TRAINING Gentle activities: swimming, yoga, walking, etc.	EASY RUN 1 mile total: Run 100m, Walk 300m, Repeat x4	REST / CROSS TRAIN	EASY RUN 1 mile total: Run 100m, Walk 300m, Repeat x4	REST / CROSS TRAIN	EASY RUN 1 mile total: Run 100m, Walk 300m, Repeat x4	REST
Week 2	CROSS TRAINING Any activity: lifting, sports, biking, swimming, yoga, walking, etc.	EASY RUN 1 mile total: Run 100m, Walk 300m, Repeat x4	REST / CROSS TRAIN	EASY RUN 1 mile total: Run 100m, Walk 300m, Repeat x4	REST / CROSS TRAIN	LONG RUN 1.25 miles total: Run 100m, Walk 300m, Repeat x5	REST
Week 3	EASY RUN 1 mile total: Run 200m, Walk 200m, Repeat x4	REST / CROSS TRAIN	EASY RUN 1 mile total: Run 200m, Walk 200m, Repeat x4	INTERVALS 100m Fast, 300m Recovery, Repeat x3	REST / CROSS TRAIN	LONG RUN 1.5 miles total: Run 200m, Walk 200m, Repeat x6	REST
Week 4	EASY RUN 1 mile total: Run 200m, Walk 200m, Repeat x4	REST / CROSS TRAIN	EASY RUN 1 mile total: Run 300m, Walk 100m, Repeat x4	HILL REPEATS Fartlek uphill fast, easy run downhill, repeat for 1 mile total	REST / CROSS TRAIN	LONG RUN 1.5 miles total: Run 200m, Walk 200m, Repeat x6	REST
Week 5	EASY RUN 1 mile total: Run 300m, Walk 100m, Repeat x4	REST / CROSS TRAIN	EASY RUN 1 mile total: Run 300m, Walk 100m, Repeat x4	MILE PACE 1 mile total: run 200m at mile pace, walk 200m, repeat x4	REST / CROSS TRAIN	LONG RUN 1.75 miles total: Run 300m, Walk 100m, Repeat x7	REST
Week 6	EASY RUN 1 mile total: Run 300m, Walk 100m, Repeat x4	REST / CROSS TRAIN	EASY RUN 1 mile total: Run 1 mile easy	MILE PACE 1 mile total: run 200m at mile pace, walk 200m, repeat x4	REST / CROSS TRAIN	REST	1 MILE @ GOAL PACE