

Run 1 Mile Plan

Use this plan to learn to run 1 mile, without stopping, over 4 weeks:

WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	Rest	Alternate walking 3 minutes and running 1 minute. Repeat 4 times.	Walk 20 minutes.	Alternate walking 3 minutes and running 1 minute. Repeat 4 times.	Rest	Walk 20 minutes.	Alternate walking 3 minutes and running 1 minute. Repeat 4 times.
2	Rest	Alternate walking 2 minutes and running 2 minutes. Repeat 4 times.	Walk 25 minutes.	Alternate walking 2 minutes and running 2 minutes. Repeat 4 times.	Rest	Walk 25 minutes.	Alternate walking 1 minute and running 3 minutes. Repeat 4 times.
3	Rest	Alternate walking 1 minute and running 3 minutes. Repeat 4 times.	Walk 30 minutes.	Alternate walking 1 minute and running 5 minutes. Repeat 3 times.	Rest	Walk 30 minutes.	Alternate walking 1 minute and running 5 minutes. Repeat 3 times.
4	Rest	Alternate walking 1 minute and running 6 minutes. Repeat 3 times.	Walk 35 minutes.	Rest	Alternate walking 1 minute and running 6 minutes. Repeat 3 times.	Rest	Run 1 mile.