

1 mile Training



Don't forget to: Warm-Ups, Cool-Downs, Hydrate and Stretch!

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	Run 100 meters (1/16 mile), walk 300 meters; repeat 3 times (track equivalent: run 1/4 of a lap, walk 3/4 of a lap)	Rest or cross-train	Run 100m, walk 300m; repeat 3 times	Rest	Run 100m, walk 300m; repeat 3 times	Rest or cross-train	Rest
Week 2	Run 200m, walk 200m; repeat 3 times (track equivalent: run 1/2 a lap, walk 1/2 of a lap)	Rest or cross-train	Run 200m, walk 200m; repeat 3 times	Rest	Run 200m, walk 200m; repeat 3 times	Rest or cross-train	Rest
Week 3	Run 300m, walk 100m; repeat 3 times (track equivalent: run 3/4 a lap, walk 1/4 of a lap)	Rest or cross-train	Run 300m, walk 100m; repeat 3 times	Rest	Run 300m, walk 100m; repeat 3 times	Rest or cross-train	Rest
Week 4	Run 800m (1/2 mile; track equivalent: 2 laps)	Rest or cross-train	Run 1200m (3/4 mile; track equivalent: 3 laps)	Rest	Run 1 mile (track equivalent: 4 laps)	Rest	Race! Run 3.1 miles



Plan from Verywellfit.com

[4-Week 5K Training Plan for Beginners \(verywellfit.com\)](https://www.verywellfit.com/4-week-5k-training-plan-for-beginners/)

Great source for running tips and articles

