

2 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 1/2 mile, walk 1/2 mile; repeat 2 times	Rest or cross-train	Run 1/2 mile, walk 1/2 mile; repeat 2 times	Rest	Run 1/2 mile, walk 1/2 mile; repeat 2 times	Rest or cross-train	Rest
Week 2	Run 3/4 mile, walk 1/4 mile; repeat 2 times	Rest or cross-train	Run 3/4 mile, walk 1/4 mile; repeat 2 times	Rest	Run 3/4 mile, walk 1/4 mile; repeat 2 times	Rest or cross-train	Rest
Week 3	Run 1 mile, walk 1/4 mile, run 3/4 mile	Rest or cross-train	Run 1 mile, walk 1/4 mile, run 3/4 mile	Rest	Run 1 1/4 mile, walk 1/4 mile, run 1/2 mile	Rest or cross-train	Rest
Week 4	Run 1 1/2 miles, walk 1/2 mile	Rest or cross-train	Run 1 3/4 miles, walk 1/4 mile	Rest	Run 1 3/4 miles, walk 1/4 mile	Rest	Race! Run 2 miles



Plan from Verywellfit.com

[Beginner Training Program and Schedule to Run Two Miles \(verywellfit.com\)](http://Verywellfit.com)

Great source for running tips and articles

