

4 Weeks to 1 Mile Training Program			
	by Personal Running Trainer.com		
	Day 1	Day 2	Day 3
Week 1	45 seconds of running followed by 2 minutes of walking, repeat x4	45 seconds of running followed by 2 minutes of walking, repeat x4	45 seconds of running followed by 2 minutes of walking, repeat x4
Week 2	90 seconds of running followed by 90 seconds of walking, repeat x4	90 seconds of running followed by 90 seconds of walking, repeat x4	90 seconds of running followed by 90 seconds of walking, repeat x4
Week 3	2 min. 15 sec. of running followed by 45 seconds of walking, repeat x4	2 min. 15 sec. of running followed by 45 seconds of walking, repeat x4	2 min. 15 sec. of running followed by 45 seconds of walking, repeat x4
Week 4	4 min. 30 sec. of running followed by 45 seconds of walking, repeat x2	6 minutes of running followed by 45 second walk and finishing with 3 min. run	10 minute run