

Mile training plan

1 miler training plan

Is your child feeling apprehensive about the mile race? Running an entire 5280 feet might seem like an insurmountable task, but building up over a period of time will help them get over their fear, and it might even make them faster!

Here's a 4 week plan to help your kid get ready to take on the mile:

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Run 1 minute, Walk 1 minute for 15 minutes	Walk, ride bike, etc. 30 minutes	Run 1 minute, Walk 1 minute for 20 minutes	Active Play 30-45 minutes	Run 1 minute 15 seconds, walk 1 minute for 20 minutes	Rest	Active Play 30-45 minutes
2	Run 1 minute 30 seconds, Walk 1 minute for 15 minutes	Walk, ride bike, etc. 30 minutes	Run 1 minute 30 seconds, Walk 1 minute for 15 minutes	Active Play 30-45 minutes	Run 1 minute 30 seconds, Walk 1 minute for 20 minutes	Rest	Active Play 30-45 minutes
3	Run 2 minutes, Walk 1 minute for 15 minutes	Walk, ride bike, etc. 30 minutes	Run 2 minutes, Walk 1 minute for 15 minutes	Active Play 30-45 minutes	Run 2 minutes, Walk 1 minute for 20 minutes	Rest	Active Play 30-45 minutes
4	Run 3 minutes, Walk 1 minute for 20 minutes	Walk, ride bike, etc. 30 minutes	Run 3 minutes, Walk 1 minute for 20 minutes	Active Play 30-45 minutes	Run 4 minutes, Walk 30 seconds to 1 minute for 3 sets or 15 minutes	Active Play 30-45 minutes	Rest

Active Play can include anything! Have your child ride their bike while you walk your dog, play a soccer game or basketball game, take a swim- anything that keeps your kid moving!

Adjust the schedule as needed. Progression through the weeks is the most important. If you miss a day just swap the rest day. Just try not to do the run activities back-to-back. If your runner is already very active in other sports, make adjustments. There is no need for them to go to an hour soccer practice plus go run for 20 minutes.

Join your kiddo as well and offer words of encouragement. Everyone loves a running buddy!