



8 - W E E K

HOW TO RUN 1 MILE

This training plan begins with 10 to 15 minutes of walking. Once you're comfortable on your feet for that long, you'll add in short running bursts, allowing your body time to adjust to the increased impact. Each week, you'll increase the amount of running until, by the end of week eight, you'll run a full mile without a walk break.

UNLOCK A STRONGER, HEALTHIER YOU WITH OUR [RUNNING FOR WEIGHT LOSS](#) & [HOW TO START RUNNING](#) PROGRAMS!

JUMP TO:

[TRAINING PLAN](#) • [WORKOUT KEY](#)

RUN 1 MILE TRAINING PLAN



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	10 min Walk + <u>Core</u>	Rest	15 min Walk + <u>Foot Strength</u>	Rest	10 min Walk	15 min Walk	Rest or Yoga
WEEK 2	15 min Walk + <u>Core</u>	Rest	20 min Walk + <u>Foot Strength</u>	Rest	15 min Walk	20 min Walk	Rest or Yoga
WEEK 3	4x: 0.1 mile Run; 0.2 mile Walk + <u>Core</u>	<u>Full-Body</u> (<u>Bodyweight</u>)	5x: 0.1 mile Run; 0.2 mile Walk + <u>Foot Strength</u>	<u>Full-Body</u> (<u>Bodyweight</u>)	20 min Walk	6x: 0.1 mile Run; 0.2 mile Walk	Rest or Yoga
WEEK 4	3x: 0.2 mile Run; 0.2 mile Walk + <u>Core</u>	<u>Full-Body</u> (<u>Bodyweight</u>)	4x: 0.2 mile Run; 0.2 mile Walk + <u>Foot Strength</u>	<u>Full-Body</u> (<u>Bodyweight</u>)	20 min Walk	4x: 0.2 mile Run; 0.2 mile Walk	Rest or Yoga
WEEK 5	2x: 0.3 mile Run; 0.2 mile Walk + <u>Core</u>	<u>Full-Body</u> (<u>Bodyweight</u>)	3x: 0.3 mile Run; 0.2 mile Walk + <u>Lower-Body</u>	<u>Full-Body</u> (<u>Bodyweight</u>)	4x: 0.1 mile Run; 0.2 mile Walk	4x: 0.3 mile Run; 0.2 mile Walk	Rest or Yoga
WEEK 6	2x: 0.4 mile Run; 0.2 mile Walk + <u>Core</u>	<u>Full-Body</u> with <u>Dumbbells</u>	3x: 0.4 mile Run; 0.2 mile Walk + <u>Lower-Body</u>	<u>Full-Body</u> with <u>Dumbbells</u>	2x: 0.4 mile Run; 0.2 mile Walk	2x: 0.5 mile Run; 0.2 mile Walk	Rest or Yoga
WEEK 7	2x: 0.5 mile Run; 0.2 mile Walk + <u>Core</u>	<u>Full-Body</u> with <u>Dumbbells</u>	2x: 0.6 mile Run; 0.1 mile Walk + <u>Lower-Body</u>	<u>Full-Body</u> with <u>Dumbbells</u>	2x: 0.5 mile Run; 0.1 mile Walk	2x: 0.6 mile Run; 0.1 mile Walk	Rest or Yoga
WEEK 8	0.8 mile Run; 2 min Walk; 0.6 mile Run + <u>Core</u>	<u>Full-Body</u> with <u>Dumbbells</u>	10 min Walk + <u>Lower-Body</u>	0.5 mile Run; 2 min Walk; 0.5 mile Run + <u>Full-Body</u> with <u>Dumbbells</u>	Rest	10 min Walk	Run 1 mile without stopping!

WORKOUT KEY

► Week 1

- **Monday:** Walk 10 minutes; core strength training
 - **Tuesday:** Rest
 - **Wednesday:** Walk 15 minutes; feet strength training
 - **Thursday:** Rest
 - **Friday:** Walk 10 minutes
 - **Saturday:** Walk 15 minutes
 - **Sunday:** Rest or yoga
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► Week 2

- **Monday:** Walk 15 minutes; core strength training
 - **Tuesday:** Rest
 - **Wednesday:** Walk 20 minutes; feet strength training
 - **Thursday:** Rest
 - **Friday:** Walk 15 minutes
 - **Saturday:** Walk 20 minutes
 - **Sunday:** Rest or yoga
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► Week 3

- **Monday:** Run 0.1 mile and walk 0.2 miles, repeat for 4 total rounds; core strength training
 - **Tuesday:** Full-body strength training (bodyweight)
 - **Wednesday:** Run 0.1 miles and walk 0.2 miles, repeat for 5 total rounds; feet strength training
 - **Thursday:** Full-body strength training (bodyweight)
 - **Friday:** Walk 20 minutes
 - **Saturday:** Run 0.1 mile and walk 0.2 miles, repeat for 6 total rounds
 - **Sunday:** Rest or yoga
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► Week 4

- **Monday:** Run 0.2 miles and walk 0.2 miles, repeat for 3 total rounds; core strength training
- **Tuesday:** Full-body strength training (bodyweight)
- **Wednesday:** Run 0.2 miles and walk 0.2 miles, repeat for 4 total rounds; feet strength training
- **Thursday:** Full-body strength training (bodyweight)
- **Friday:** Walk 20 minutes
- **Saturday:** Run 0.2 miles and walk 0.2 miles, repeat for 4 total rounds
- **Sunday:** Rest or yoga

► Week 5

- **Monday:** Run 0.3 miles and walk 0.2 miles repeat for 2 total rounds; core strength training
 - **Tuesday:** Full-body strength training (bodyweight)
 - **Wednesday:** Run 0.3 miles and walk 0.2 miles, repeat for 3 total rounds; lower-body strength training
 - **Thursday:** Full-body strength training (bodyweight)
 - **Friday:** Run 0.1 miles and walk 0.2 miles, repeat for 4 total rounds
 - **Saturday:** Run 0.3 miles and walk 0.2 miles, repeat for 4 total rounds
 - **Sunday:** Rest or yoga
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► Week 6

- **Monday:** Run 0.4 miles and walk 0.2 miles repeat for 2 total rounds; core strength training
 - **Tuesday:** Full-body strength training with dumbbells
 - **Wednesday:** Run 0.4 miles and walk 0.2 miles, repeat for 3 total rounds; lower-body strength training
 - **Thursday:** Full-body strength training with dumbbells
 - **Friday:** Run 0.4 miles and walk 0.2 miles, repeat for 2 total rounds
 - **Saturday:** Run 0.5 miles and walk 0.2 miles, repeat for 2 total rounds
 - **Sunday:** Rest or yoga
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► Week 7

- **Monday:** Run 0.5 miles and walk 0.2 miles, repeat for 2 total rounds; core strength training
 - **Tuesday:** Full-body strength training with dumbbells
 - **Wednesday:** Run 0.6 miles and walk 0.1 mile, repeat for 2 total rounds; lower-body strength training
 - **Thursday:** Full-body strength training with dumbbells
 - **Friday:** Run 0.5 miles and walk 0.1 mile, repeat for 2 total rounds
 - **Saturday:** Run 0.6 miles and walk 0.1 mile, repeat for 2 total rounds
 - **Sunday:** Rest or yoga
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► Week 8

- **Monday:** Run 0.8 miles, walk 2 minutes, run 0.6 miles; core strength training
- **Tuesday:** Full-body strength training with dumbbells
- **Wednesday:** Walk 10 minutes; lower-body strength training
- **Thursday:** Run 0.5 miles, walk 2 minutes, run 0.5 miles; full-body strength training with dumbbells
- **Friday:** Rest
- **Saturday:** Walk 10 minutes
- **Sunday:** Run 1 mile without stopping!