



# 14 DAYS TO A MILE

BY THE ST. JOHN SIEGFRIED HEALTH CLUB

One mile seems like a long distance (*especially to kids*). The simplest way to make a mile attainable is to use an interval training program. Having a coach, like a parent or friend, to train with will make the process more fun. Remember, it is all about accomplishing the goal and completing the 1-mile course in your own time.

**YOU WILL NEED**

 **WATCH**  
(WITH A SECOND HAND)

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 **RUNNING SHOES**

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 **DETERMINATION**  
(AND A GOOD ATTITUDE)

## WEEK 1

## WEEK 2

<b>SUNDAY</b>	Run 1 minute. Walk 1 minute. Repeat 10x.	Run 3 minutes. Walk 30 seconds. Repeat 6x.
<b>MONDAY</b>	Run 1 minute. Walk 30 seconds. Repeat 10x.	Run 4 minutes. Walk 30 seconds. Repeat 5x.
<b>TUESDAY</b>	Run 1 minute. Walk 30 seconds. Repeat 13x.	Run 5 minutes. Walk 30 seconds. Repeat 3x.
<b>WEDNESDAY</b>	Run 1½ minutes. Walk 30 seconds. Repeat 10-13x.	Run 6 minutes. Walk 30 seconds. Repeat 2x.
<b>THURSDAY</b>	Run 1½ minutes. Walk 30 seconds. Repeat 10-13x.	Run as long as you can. Walk 15 seconds. Repeat for 20 minutes total.
<b>FRIDAY</b>	Free day!	Free day! <b>TIP</b> Drink a lot of water, eat some fruit and have pasta for dinner.
<b>SATURDAY</b>	<b>TEST YOURSELF TODAY.</b> Run as long as you can. Walk for 30 seconds. Repeat 4x.	<b>RACE DAY!</b> Put on your running shoes, strap on your watch and focus on your determination because today you will run a whole mile!