



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)



RUNNING SHOES



DETERMINATION
(AND A GOOD ATTITUDE)

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