

<b>4 Weeks to 1 Mile Training Program</b>			
	by Personal Running Trainer.com		
	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>
<b>Week 1</b>	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
<b>Week 2</b>	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
<b>Week 3</b>	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
<b>Week 4</b>	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