

Goal Mile Training Plan with Coast Road Runners



	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	Walk 1 Mile Map out your GOAL Mile route	Walk 1 min, Run 1 min x 7 times (14 minutes)	Rest	Walk 1 min, Run 1 min x 7 times (14 minutes)	Rest	Walk 1 min, Run 1 min x 6 times (14 minutes)	Rest
Week 2	Rest	Walk 1 min, Run 2 min x 5 times (15 minutes)	Rest	Walk 1 min, Run 2 min x 5 times (15 minutes)	Rest	Walk 1 min, Run 2 min x 1 time Walk 1 min, Run 3 mins x 3 times (15 minutes)	Rest
Week 3	Rest	Walk 1 min, Run 3 min x 1 times Walk 1 min, Run 5 min x 1 time Walk 1 min, Run 3 min x 1 times (14 minutes)	Rest	Walk 1 min, Run 5 min x 1 times Walk 1 min, Run 1 min x 1 time Walk 1 min, Run 5 min x 1 times (14 minutes)	Rest	Walk 1 min, Run 3 min x 1 times Walk 1 min, Run 6 min x 1 time Walk 1 min, Run 3 min x 1 times (15 minutes)	Rest
Week 4	Rest	Walk 1 min, Run 2 min x 1 times Walk 1 min, Run 8 min x 1 time Walk 1 min, Run 2 min x 1 times (15 minutes)	Rest	Walk 1 min, Run 2 min x 1 times Walk 1 min, Run 10 min x 1 time (15 minutes)	Rest	Run 1 Mile For a first-time runner it will probably take approx. 12- 15minutes.	Rest