



2-Mile Beginner 4-Week Plan

This plan is to assist beginning runners and walkers who want to work up to 2 miles. Make sure you have good shoes and comfortable clothes. For this plan, you may either choose distance or time. If you will be walking only (with no running), for all times noted for running, walk at a brisk pace, and walk at a more relaxed pace for the walk times.

If you have any underlying health issues, check with your doctor before beginning any training plan. It is also important to listen to your body and progress at your own pace.

Week 1

	Distance	Time
Day 1	Run $\frac{1}{4}$ mile; walk $\frac{1}{4}$ mile; repeat twice.	Run $3\frac{1}{2}$ minutes; walk $3\frac{1}{2}$ minutes; repeat twice.
Day 2	Rest or cross-train	Rest or cross-train
Day 3	Run $\frac{1}{4}$ mile; walk $\frac{1}{4}$ mile; repeat three times.	Run $3\frac{1}{2}$ minutes; walk $3\frac{1}{2}$ minutes; repeat three times.
Day 4	Rest or cross-train	Rest or cross-train
Day 5	Run $\frac{1}{2}$ mile; walk $\frac{1}{2}$ mile; repeat twice.	Run 7 minutes; walk 7 minutes; repeat twice.
Day 6	Rest or cross-train	Rest or cross-train
Day 7	Rest	Rest

Week 2

During week 2, you will be running (walking at a brisk pace) more than walking.

Day 1	Run $\frac{1}{2}$ mile; walk $\frac{1}{4}$ mile; repeat three times.	Run 7 minutes; walk $3\frac{1}{2}$ minutes; repeat three times.
Day 2	Rest or cross-train	Rest or cross-train
Day 3	Run $\frac{3}{4}$ mile; walk $\frac{1}{4}$ mile; repeat twice.	Run $10\frac{1}{2}$ minutes; walk $3\frac{1}{2}$ minutes; repeat twice.

Day 4	Rest or cross-train	Rest or cross-train
Day 5	Run $\frac{3}{4}$ mile; walk $\frac{1}{4}$ mile; repeat twice.	Run $10\frac{1}{2}$ minutes; walk $3\frac{1}{2}$ minutes; repeat twice.
Day 6	Rest or cross-train	Rest or cross-train
Day 7	Rest	Rest

Week 3

During week 3, you will be adding distance to the running sequence. This will get you ready for 2 full miles!

Day 1	Run 1 mile; walk $\frac{1}{4}$ mile; run $\frac{3}{4}$ mile.	Run 14 minutes; walk $3\frac{1}{2}$ minutes; run $10\frac{1}{2}$ minutes.
Day 2	Rest or cross-train	Rest or cross-train
Day 3	Run 1 mile; walk $\frac{1}{4}$ mile; run $\frac{3}{4}$ mile.	Run 14 minutes; walk $3\frac{1}{2}$ minutes; run $10\frac{1}{2}$ minutes.
Day 4	Rest or cross-train	Rest or cross-train
Day 5	Run $1\frac{1}{4}$ miles; walk $\frac{1}{4}$ mile; run $\frac{1}{2}$ mile.	Run $17\frac{1}{2}$ minutes; walk $3\frac{1}{2}$ minutes; run 7 minutes.
Day 6	Rest or cross-train	Rest or cross-train
Day 7	Rest	Rest

Week 4

You've got this!!! Run or walk your 2 miles for the Montana Women's Run. Be proud of what you have accomplished!

Day 1	Run $1\frac{1}{2}$ miles; walk $\frac{1}{2}$ mile.	Run 21 minutes; walk 7 minutes.
Day 2	Rest or cross-train	Rest or cross-train
Day 3	Run $1\frac{3}{4}$ miles; walk $\frac{1}{4}$ mile.	Run $24\frac{1}{2}$ minutes; walk $3\frac{1}{2}$ minutes.
Day 4	Rest or cross-train	Rest or cross-train
Day 5	Rest	Rest
Day 6	Run 2 miles.	Run 28 minutes.
Day 7	Celebrate Mother's Day	