

4 Mile Training Plan for Beginners

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	rest/cross-train	0.5 mile run/walk	strength train	0.5 mile run/walk	rest	1 mile run/walk	20 – 35 minute walk
2	rest/cross-train	0.75 mile run/walk	strength train	0.75 mile run/walk	rest	1.25 mile run/walk	20 – 35 minute walk
3	rest/cross-train	1 mile run/walk	strength train	1 mile run/walk	rest	1.5 mile run/walk	20 – 35 minute walk
4	rest/cross-train	1 mile run	strength train	1 mile run	rest	1.5 mile run	20 – 35 minute walk
5	rest/cross-train	1.25 mile run	strength train	1.25 mile run	rest	1.75 mile run	35 – 45 minute walk
6	rest/cross-train	1.5 mile run	strength train	1.5 mile run	rest	2 mile run	35 – 45 minute walk
7	rest/cross-train	2 mile run	strength train	2 mile run	rest	2.5 mile run	35 – 45 minute walk
8	rest/cross-train	2 mile run	strength train	2 mile run	rest	2.75 mile run	35 – 45 minute walk
9	rest/cross-train	2.5 mile run	strength train	2.5 mile run	rest	3 mile run	45 – 60 minute walk
10	rest/cross-train	2.5 mile run	strength train	2.5 mile run	rest	3.5 mile run	45 – 60 minute walk
11	rest/cross-train	3 mile run	strength train	3 mile run	rest	3.5 mile run	45 – 60 minute walk
12	rest/cross-train	3 mile run	20 minute walk	rest	rest	Race Day! 4 mile run	stretch/roll out