

4 Beginner Training Schedule to Run 2 Miles

WEEK 1	DAY 1 Run .5 mile Walk .5 mile X 2	DAY 2 30-45 min cross training or rest	DAY 3 Run .5 mile Walk .5 mile X 2	DAY 4 Rest	DAY 5 Run .5 mile Walk .5 mile X 2	DAY 6 30-45 min cross training or rest	DAY 7 Rest
WEEK 2	DAY 8 Run .75 mile Walk .25 mile X 2	DAY 9 30-45 min cross training or rest	DAY 10 Run .75 mile Walk .25 mile X 2	DAY 11 Rest	DAY 12 Run .75 mile Walk .25 mile X 2	DAY 13 30-45 min cross training or rest	DAY 14 Rest
WEEK 3	DAY 15 Run 1 mile Walk .25 mile Run .75 mile	DAY 16 30-45 min cross training or rest	DAY 17 Run 1 mile Walk .25 mile Run .75 mile	DAY 18 Rest	DAY 19 Run 1 mile Walk .25 mile Run .75 mile	DAY 20 30-45 min cross training or rest	DAY 21 Rest
WEEK 4	DAY 22 Run 1.5 mile Walk .5 mile	DAY 23 30-45 min cross training or rest	DAY 24 Run 1.75 mile Walk .25 mile	DAY 25 Rest	DAY 26 Run 1.75 mile Walk .25 mile	DAY 27 30-45 min cross training or rest	DAY 28 Run 2 miles