



One Mile Training Program

This program is designed to help prepare a beginning runner to run the adidas junior river run. The key is to follow the schedule and make sure the children are working at a comfortable pace. The program is designed to keep the child moving continuously for ten minutes. Good luck to your runners and thank you for your support of our event.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	3 minute Run & 7 minute Walk	Off	3 minute Run & 7 minute Walk	Off	3 minute Run & 7 minute Walk	Off	Off
2	4 minute Run & 6 minute Walk	Off	4 minute Run & 6 minute Walk	Off	4 minute Run & 6 minute Walk	Off	Off
3	5 minute Run & 5 minute Walk	Off	5 minute Run & 5 minute Walk	Off	5 minute Run & 5 minute Walk	Off	Off
4	6 minute Run & 4 minute Walk	Off	6 minute Run & 4 minute Walk	Off	6 minute Run & 4 minute Walk	Off	Off
5	7 minute Run & 3 minute Walk	Off	7 minute Run & 3 minute Walk	Off	7 minute Run & 3 minute Walk	Off	Off
6	8 minute Run & 2 minute Walk	Off	8 minute Run & 2 minute Walk	Off	8 minute Run & 2 minute Walk	Off	Off
7	9 minute Run & 1 minute Walk	Off	9 minute Run & 1 minute Walk	Off	9 minute Run & 1 minute Walk	Off	Off
8	10 Minute Run	Off	10 Minute Run	Off	10 Minute Run	Off	Off
9	10 Minute Run	Off	5 Minute Run	Off	Off	Jr river run	