

### Suzu Favor Hamilton's One Mile Run Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b>	Walk 10 min Jog 30 sec	Walk 5 min Speedwalk 5 min	Walk 10 min Jog 1 min	Walk 5 min Speedwalk 5 min	Walk 10 min Jog 1 min	REST	Cross-Train 15 min
<b>Week 2</b>	Walk 10 min Jog 1 min Walk 1 min	Walk 5 min Speedwalk 5 min	Walk 10 min Jog 1 min Walk 2 min in between Jog 1 min	Walk 5 min Speedwalk 5 min	Walk 10 min Jog 1 min Walk 2 min Jog 1 min	REST	Cross-Train 20 min
<b>Week 3</b>	Walk 10 min Jog 2 min Walk 4 min Jog 2 min	Walk 5 min Speedwalk 10 min Jog 1 min	Walk 10 min Jog 2 min Walk 2 min Jog 2 min Walk 10 min	Walk 5 min Speewalk 5 min Jog 2 min	Walk 10 min Jog 1 min Walk 1 min Jog 1 min Walk 1 min Jog 1 min Walk 1 min	REST	Cross-Train 20 min
<b>Week 4</b>	Walk 10 min Jog 3 min Walk 3 min Jog 3 min Walk 3 min	Walk 5 min Jog 2 min Walk 3 min Jog 2 min Walk 5 min	Walk 10 min Speedwalk 5 min Walk 10 min	Walk 5 min Jog 2 min Walk 3 min Jog 2 min Walk 3 min Jog 2 min	Walk 10 min Jog 4 min Walk 5 min	REST	Cross-Train 30 min
<b>Week 5</b>	Walk 5 min Walk 3 min Jog 3 min Walk 3 min Jog 3 min	Walk 10 min Walk 20 min Jog 4 min Walk 4 min Jog 5 min	Walk 5 min Jog 2 min Walk 2 min Jog 2 min	Walk 30 min	Walk 10 min Jog 6 min	Day Off	Cross-Train 30 min
<b>Week 6</b>	Jog 10 min Walk 5 min Run 1 min Walk 3 min Run 1 min	Jog 6 min Walk 5 min Jog 5 min Walk 5 min	Cross-Train 20 min	Walk 5 min Jog 5 min Jog 2 min x 3 Walk 2 min in between	Jog 10 min Walk 5 min Jog 5 min	Run 1 mile easy Walk 1 mile	Day Off
<b>Week 7</b>	Jog 5 min Walk 3 min Run 5 min Walk 5 min Run 5 min Jog or Walk 10 min	Walk 5 min Jog 5 min Run 1 min x 5 Walk 2 min in between	Jog 15 min	Walk 5 min Jog 2 min Walk 2 min Jog 3 min Walk 3 min Jog 4 min Walk 4 min	Jog 10-15 min	Run 1 mile easy Walk Jog back	Day Off
<b>Week 8</b>	Jog 10 min Easy Walk Jog Telephone Poles (10 poles)	Jog 5 min Walk 3 min Jog 5 min Walk 2 min	Easy recovery Jog 10 min or Walk	Run 5 min Walk 5 min Stretch 2x2 min with the pace you want to run mile	Day off	Light jog 10 min	Race!