



MASTER THE MILE

//// RUNNERS

SATURDAY, SEPTEMBER 26, 2015
WWW.PBRC.EDU/DOCSDASH

Week	Day 1	Day 2	Day 3	Week	Day 1	Day 2	Day 3
1	Day 1: _____ Duration: 30 min Activity: Repeat 2x: Run for 10 min (easy pace) Walk for 5 min Stretch	Day 2: _____ Duration: 35 min Activity: Repeat 7x: Run for 3 min (easy pace) Walk for 2 min Stretch	Day 3: _____ Duration: 15 min Activity: Run for 15 min Stretch	5	Day 1: _____ Duration: 30 min Activity: Repeat 2x: Run for 12 min (easy pace) Walk for 3 min Stretch	Day 2: _____ Duration: 35 min Activity: Repeat 7x: Run for 3 min (easy pace) Walk for 2 min Stretch	Day 3: _____ Duration: 25 min Activity: Run for 25 min Stretch
2	Day 1: _____ Duration: 30 min Activity: Repeat 2x: Run for 10 min (easy pace) Walk for 5 min Stretch	Day 2: _____ Duration: 35 min Activity: Repeat 7x: Run for 3 min (easy pace) Walk for 2 min Stretch	Day 3: _____ Duration: 15 min Activity: Run for 15 min Stretch	6	Day 1: _____ Duration: 30 min Activity: Repeat 2x: Run for 12 min (easy pace) Walk for 3 min Stretch	Day 2: _____ Duration: 35 min Activity: Repeat 7x: Run for 3 min (easy pace) Walk for 2 min Stretch	Day 3: _____ Duration: 25 min Activity: Run for 25 min Stretch
3	Day 1: _____ Duration: 30 min Activity: Repeat 2x: Run for 11 min (easy pace) Walk for 4 min Stretch	Day 2: _____ Duration: 35 min Activity: Repeat 7x: Run for 5 min (easy pace) Walk for 2 min Stretch	Day 3: _____ Duration: 20 min Activity: Run for 20 min Stretch	7	Day 1: _____ Duration: 30 min Activity: Repeat 2x: Run for 13 min (easy pace) Walk for 2 min Stretch	Day 2: _____ Duration: 35 min Activity: Repeat 5x: Run for 5 min (easy pace) Walk for 2 min Stretch	Day 3: _____ Duration: 20 min Activity: Run for 20 min Stretch
4	Day 1: _____ Duration: 30 min Activity: Repeat 2x: Run for 11 min (easy pace) Walk for 4 min Stretch	Day 2: _____ Duration: 35 min Activity: Repeat 5x: Run for 5 min (easy pace) Walk for 2 min Stretch	Day 3: _____ Duration: 20 min Activity: Run for 20 min Stretch	8	Day 1: _____ Duration: 30 min Activity: Repeat 2x: Run for 13 min (easy pace) Walk for 2 min Stretch	Day 2: _____ Duration: 35 min Activity: Repeat 5x: Run for 5 min (easy pace) Walk for 2 min Stretch	Day 3: Saturday, Sept 26th Activity: RACE DAY! Run 1-mile!