

Run 4 Hope
 Training Plans

4 Mile Run

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	1 mile run	OFF	4x: .25 mile top speed+60 sec walk	OFF	OFF	1.5 miles run	OFF
2	1.5 miles run	OFF	6x: .25 mile top speed +60 sec walk	OFF	OFF	2 miles run	OFF
3	2 miles run	OFF	8x: .25 mile top speed +60 sec walk	OFF	OFF	2.5 miles run	OFF
4	2.5 miles run	OFF	4x: .50 mile top speed +60 sec walk	OFF	OFF	3 miles run	OFF
5	3.5 miles run	OFF	6x: .50 mile top speed +60 sec walk	OFF	OFF	4 miles run	OFF
6	4 miles run	OFF	4x: .50 mile top speed+60 sec walk	2 miles	OFF	Race Day!	OFF

4Mile Walk

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	1 mile	OFF	1 mile	OFF	OFF	1.5 miles	OFF
2	1.5 miles	OFF	1.75 miles	OFF	OFF	2 miles	OFF
3	2 miles	OFF	2.25 miles	OFF	OFF	2.5 miles	OFF
4	2.5 miles	OFF	2.75 miles	OFF	OFF	3 miles	OFF
5	3.5 miles	OFF	3.75 miles	OFF	OFF	4 miles	OFF
6	4 miles	OFF	4 miles	2 miles	OFF	Race Day!	OFF

1 Mile Walk

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	.25 mile	OFF	.25 mile	OFF	OFF	.50 mile	OFF
2	.50 mile	OFF	.75 mile	OFF	OFF	.75 mile	OFF
3	1 mile	OFF	1 mile	OFF	OFF	1 mile	OFF
4	.25 mile	OFF	.25 mile	OFF	OFF	.50 mile	OFF
5	.50 mile	OFF	.75 mile	OFF	OFF	.75 mile	OFF
6	1 mile	OFF	1 mile	1 mile	OFF	Race Day!	OFF