



5 WEEK 1 MILE TRAINING PLAN



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

WEEK 1

Walk 4 min
Jog 4 min
Walk 4 min
Jog 4 min

Let's stretch today!



Walk 6 min
Jog 5 min
Walk 6 min

Play outside and have fun!



Do you have a jump rope? Let's try jumping rope today!



Walk 4 min
Jog 5 min
Walk 4 min
Stretch

WEEK 2

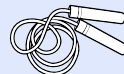
Walk 5 min
Jog 5 min
Walk 5 min
Jog 5 min

Play outside and have fun!



Walk 5 min
Jog 6 min
Walk 5 min

Can you jump rope for 10 minutes?



Let's try kicking a soccer ball today!



Walk 5 min
Jog 6 min
Walk 2 min
Stretch

WEEK 3

Walk 5 min
Jog 8 min
Walk 5 min
Jog 3 min

Let's stretch today!



Walk 5 min
Jog 10 min
Walk 5 min

Play outside and have fun!



Let's try dribbling and shooting a basketball in the net!



Walk 5 min
Jog 10 min
Walk 2 min
Stretch

WEEK 4

Walk 5 min
Jog 10 min
Walk 7 min

Play outside and have fun!



Walk 5 min
Jog 6 min
Walk 5 min
Jog 6 min

Let's kick around the soccer ball today!



Let's stretch today!



Walk 5 min
Jog 12 min
Walk 2 min
Stretch

WEEK 5

Walk 5 min
Jog 15 min
Walk 10 min
Jog 2 min

Let's stretch today!

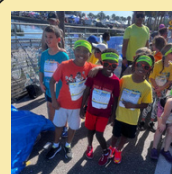


Walk 5 min
Jog 15 min
Walk 5 min

Play outside and have fun!



Let's stretch today!



RACE DAY!

Sunday is your Rest Day! Don't forget to do your homework!