



RUN YOUR FIRST MILE IN 30 DAYS



DAY 1	Run 30 seconds, walk 1 minute. Repeat 6 times.
DAY 2	Brisk 15-minute walk
DAY 3	Run 30 seconds, walk 1 minute. Repeat 8 times.
DAY 4	Brisk 15-minute walk
DAY 5	Run 1 minute, walk 2 minutes. Repeat 4 times.
DAY 6	Run 1 minute, walk 2 minutes. Repeat 5 times.
DAY 7	Rest
DAY 8	Run 2 minutes, walk 2 minutes. Repeat 3 times.
DAY 9	Brisk 20-minute walk
DAY 10	Run 2 minutes, walk 1 minute. Repeat 3 times.
DAY 11	Brisk 20-minute walk
DAY 12	Run 3 minutes, walk 1 minute. Repeat 3 times.
DAY 13	Run 4 minutes, walk 1 minutes. Repeat 2 times. Run 2 minutes.
DAY 14	Rest
DAY 15	Run 5 minutes, walk 1 minute. Repeat 2 times.
DAY 16	Brisk 25-minute walk
DAY 17	Run 6 minutes, walk 1 minute. Repeat 2 times.
DAY 18	Take at least 8,500 steps.
DAY 19	Run 7 minutes, walk 1 minute. Repeat 2 times.
DAY 20	Run 5 minutes, walk 30 seconds. Repeat 3 times.
DAY 21	Rest
DAY 22	Take at least 9,000 steps.
DAY 23	Brisk 30-minute walk
DAY 24	Run 9 minutes, walk 1 minutes. Run 5 minutes.
DAY 25	Brisk 30-minute walk
DAY 26	Run 10 minutes, walk 30 seconds. Run 4 minutes.
DAY 27	Run 11 minutes, walk 1 minute. Run 2 minutes.
DAY 28	Rest
DAY 29	Brisk 30-minute walk
DAY 30	Run 12 minutes.