



## 30-Day Running Challenge: Run your First or Fastest Mile!

1 <u>MILE for time</u>	2 2x 9 min Walk/Jog 1 min Jog/Run	3 3x 9 min Walk/Jog 1 min Jog/Run	4 Rest Stretch Weights	5 2x 8 min Walk/Jog 2 min Jog/Run	6 Rest	7 3x 8 min Walk/Jog 2 min Jog/Run
8 X-train >25 min	9 2x 7 min Walk/Jog 3 min Jog/Run	10 3x 7 min Walk/Jog 3 min Jog/Run	11 Rest Stretch Weights	12 2x 6 min Walk/Jog 4 min Jog/Run	13 Rest	14 3x 6 min Walk/Jog 4 min Jog/Run
15 X-train >30 min	16 2x 5 min Walk/Jog 5 min Jog/Run	17 3x 4 min Walk/Jog 6 min Jog/Run	18 Rest Stretch Weights	19 2x 3 min Walk/Jog 7 min Jog/Run	20 Rest	21 3x 3 min Walk/Jog 7 min Jog/Run
22 X-train >35 min	23 2x 2 min Walk/Jog 8 min Jog/Run	24 3x 2 min Walk/Jog 8 min Jog/Run	25 Rest Stretch Weights	26 2x 1 min Walk/Jog 9 min Jog/Run	27 Rest	28 3x 1 min Walk/Jog 9 min Jog/Run
29 X-train >40 min	30 <u>FASTEST MILE</u>					

**YOU CAN DO ANYTHING YOU THINK YOU CAN!**

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