

# U CAN FINISH

◆◆◆ 5 MILE ◆◆ 2 MILE ◆◆◆

Presented by



## 6 WEEK 2 MILE TRAINING GUIDE

This plan is designed to help you feel good while participating in the U Can Finish 2 Mile using a three day a week method.

|               | Monday         | Tuesday   | Wednesday   | Thursday  | Friday      | Saturday  | Sunday           |
|---------------|----------------|-----------|-------------|-----------|-------------|-----------|------------------|
| <b>WEEK 1</b> | Get Motivated! | .5 Mile   | Cross Train | .5 Mile   | Cross Train | .5 Mile   | REST             |
| <b>WEEK 2</b> | Cross Train    | .75 Mile  | Cross Train | .75 Mile  | Cross Train | .75 Mile  | REST             |
| <b>WEEK 3</b> | Cross Train    | 1 Mile    | Cross Train | 1 Mile    | Cross Train | 1 Mile    | REST             |
| <b>WEEK 4</b> | Cross Train    | 1.5 Miles | Cross Train | 1.5 Miles | Cross Train | 1.5 Miles | REST             |
| <b>WEEK 5</b> | Cross Train    | 2 Miles   | Cross Train | 2 Miles   | Cross Train | 2 Miles   | REST             |
| <b>WEEK 6</b> | Cross Train    | 1.5 Miles | Cross Train | 1 Mile    | Cross Train | Rest      | <b>RACE DAY!</b> |

### POINTERS AND TIPS

- If walking, walk briskly or “with purpose.”
- If using a walk/run Interval, begin with one minute intervals. For example, run one minute, walk one minute. Gradually increase the run interval as the running becomes easier to run 2 minutes but keep the one minute walk interval. Build the run interval to five minutes.
- If running, set a comfortable pace. You should be able to carry on a conversation while running.
- Take walk breaks as needed.
- Cross-train one to three days a week, recommended, i.e. swimming, spinning, weight lifting, or yoga.

*Consult a physician before beginning any exercise program.*



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