



1 MILE TRAINING PLAN

Developed by Fort HealthCare physical therapists to use in preparation for the Frosty Rock Challenge.

- A few notes to optimize your training:**
- Cross training can include anything EXCEPT running. Examples of cross training include tag, kickball, basketball, walking, yoga, pilates or swimming.
 - Tuesday runs focus on increasing distance, so pace yourself.
 - Thursday runs focus on improving speed, so push yourself.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1	CROSS TRAIN 30 MIN.	REST	0.25 MILE RUN 1 LAP ON TRACK	CROSS TRAIN 30 MIN.	5 HILL SPRINTS	REST	0.25 MILE RUN 1 LAP ON TRACK
WEEK 2	CROSS TRAIN 30 MIN.	REST	0.25 MILE RUN 1 LAP ON TRACK	CROSS TRAIN 30 MIN.	3 X 3 MIN. RUNS	REST	0.25 MILE RUN 1 LAP ON TRACK
WEEK 3	CROSS TRAIN 40 MIN.	REST	0.50 MILE RUN 2 LAPS ON TRACK	CROSS TRAIN 40 MIN.	8 GYM LENGTH SPRINTS	REST	0.50 MILE RUN 2 LAPS ON TRACK
WEEK 4	CROSS TRAIN 40 MIN.	REST	0.50 MILE RUN 2 LAPS ON TRACK	CROSS TRAIN 40 MIN.	6 HILL SPRINTS	REST	0.50 MILE RUN 2 LAPS ON TRACK
WEEK 5	CROSS TRAIN 45 MIN.	REST	0.75 MILE RUN 3 LAPS ON TRACK	CROSS TRAIN 45 MIN.	3 X 5 MIN. RUNS	REST	0.75 MILE RUN 3 LAPS ON TRACK
WEEK 6	CROSS TRAIN 45 MIN.	REST	0.75 MILE RUN 3 LAPS ON TRACK	CROSS TRAIN 45 MIN.	10 GYM LENGTH SPRINTS	REST	0.75 MILE RUN 3 LAPS ON TRACK
WEEK 7	CROSS TRAIN 45 MIN.	REST	1.00 MILE RUN 4 LAPS ON TRACK	CROSS TRAIN 45 MIN.	7 HILL SPRINTS	REST	1.00 MILE RUN 4 LAPS ON TRACK
WEEK 8	CROSS TRAIN 45 MIN.	REST	1.00 MILE RUN 4 LAPS ON TRACK	CROSS TRAIN 45 MIN.	REST	REST	RACE DAY!