

# Fleet Feet Liberty Mile Training Plan

Before you head to the start line, try this training plan created by our friends at Fleet Feet Pittsburgh. This program is for the new runner who wants to complete the Fleet Feet Liberty Mile from start to finish without stopping.

For Fun

	MONDAY	WEDNESDAY	FRIDAY	SUNDAY
WEEK 1	<ul style="list-style-type: none"><li>JOG 60 SECONDS</li><li>WALK 60 SECONDS</li><li>REPEAT 10X</li></ul>	<ul style="list-style-type: none"><li>JOG 90 SECONDS</li><li>WALK 30 SECONDS</li><li>REPEAT 10X</li></ul>	<ul style="list-style-type: none"><li>JOG 30 SECONDS</li><li>RUN 30 SECONDS</li><li>WALK 60 SECONDS</li><li>REPEAT 10X</li></ul>	<ul style="list-style-type: none"><li>JOG 30 SECONDS</li><li>RUN 60 SECONDS</li><li>WALK 30 SECONDS</li><li>REPEAT 10X</li></ul>
WEEK 2	<ul style="list-style-type: none"><li>RUN 60 SECONDS</li><li>WALK 60 SECONDS</li><li>REPEAT 10X</li></ul>	<ul style="list-style-type: none"><li>RUN 90 SECONDS</li><li>WALK 30 SECONDS</li><li>REPEAT 10X</li></ul>	<ul style="list-style-type: none"><li>RUN 30 SECONDS</li><li>JOG 30 SECONDS</li><li>WALK 60 SECONDS</li><li>REPEAT 10X</li></ul>	<ul style="list-style-type: none"><li>JOG 30 SECONDS</li><li>RUN 60 SECONDS</li><li>JOG 30 SECONDS</li><li>REPEAT 10X</li></ul>
WEEK 3	<ul style="list-style-type: none"><li>RUN 60 SECONDS</li><li>JOG 30 SECONDS</li><li>REPEAT 10X</li></ul>	<ul style="list-style-type: none"><li>RUN FOR 90 SECONDS</li><li>JOG FOR 30 SECONDS</li><li>REPEAT 10X</li></ul>	<ul style="list-style-type: none"><li>RUN 60 SECONDS</li><li>JOG 30 SECONDS</li><li>WALK 30 SECONDS</li><li>REPEAT 10X</li></ul>	<ul style="list-style-type: none"><li>JOG 30 SECONDS</li><li>RUN 60 SECONDS</li><li>REPEAT 10X</li></ul>
WEEK 4	<ul style="list-style-type: none"><li>JOG 90 SECONDS</li><li>JOG 30 SECONDS</li><li>REPEAT 10X</li></ul>	<ul style="list-style-type: none"><li>JOG/RUN 1 MILE</li></ul>	<ul style="list-style-type: none"><li>RACE DAY!!</li></ul>	<ul style="list-style-type: none"><li>1 MILE RECOVERY RUN</li></ul>

WALK

This is a relaxed, easy recovery walk. Take your time, go slowly and catch your breath.

JOG

This is a super slow run. You're moving faster than a walk, but staying loose, relaxed and able to have a conversation with your friends.

RUN

This is what it feels like to work out. You will break a sweat, and your breathing will be heavy, but you know you can keep up the effort.

SPRINT

This is an all-out effort. You will run your hardest, and understand you can only keep up this effort for very short periods of time

# Fleet Feet Liberty Mile Training Plan

Before you head to the start line, try this training plan created by our friends at Fleet Feet Pittsburgh. This program is for someone who is comfortable completing a mile distance, but wants to get faster and shoot for a PR.

For Increased Speed

	MONDAY	WEDNESDAY	FRIDAY	SUNDAY
WEEK 1	<ul style="list-style-type: none"><li>RUN 400M</li><li>REST 2 MINUTES</li><li>REPEAT 4X</li></ul>	<ul style="list-style-type: none"><li>JOG 2 MINUTES</li><li>RUN 1 MINUTE</li><li>WALK 1 MINUTE</li><li>REPEAT 5X</li></ul>	<ul style="list-style-type: none"><li>JOG 400M</li><li>RUN 400M</li><li>REPEAT 4X</li></ul>	<ul style="list-style-type: none"><li>JOG 3 MINUTES</li><li>RUN 2 MINUTES</li><li>REPEAT 5X</li></ul>
WEEK 2	<ul style="list-style-type: none"><li>RUN 400M</li><li>REST 1 MINUTE</li><li>REPEAT 4X</li></ul>	<ul style="list-style-type: none"><li>JOG 2 MINUTES</li><li>RUN 2 MINUTES</li><li>REPEAT 5X</li></ul>	<ul style="list-style-type: none"><li>SPRINT 400M</li><li>WALK 400M</li><li>REPEAT 4X</li></ul>	<ul style="list-style-type: none"><li>JOG 4 MINUTES</li><li>RUN 1 MINUTE</li><li>REPEAT 5X</li></ul>
WEEK 3	<ul style="list-style-type: none"><li>RUN 400M</li><li>REST 30 SECONDS</li><li>REPEAT 4X</li></ul>	<ul style="list-style-type: none"><li>JOG 3 MINUTES</li><li>RUN 1 MINUTE</li><li>REPEAT 5X</li></ul>	<ul style="list-style-type: none"><li>JOG 400M</li><li>SPRINT 400M</li><li>REPEAT 4X</li></ul>	<ul style="list-style-type: none"><li>JOG 2 MINUTES</li><li>RUN 2 MINUTES</li><li>SPRINT 1 MINUTE</li><li>REPEAT 5X</li></ul>
WEEK 4	<ul style="list-style-type: none"><li>RUN 400M</li><li>REST 30 SECONDS</li><li>REPEAT 4X</li></ul>	<ul style="list-style-type: none"><li>RUN 1 MILE</li></ul>	<ul style="list-style-type: none"><li>RACE DAY!!</li></ul>	<ul style="list-style-type: none"><li>1 MILE RECOVERY RUN</li></ul>

WALK

This is a relaxed, easy recovery walk. Take your time, go slowly and catch your breath.

JOG

This is a super slow run. You're moving faster than a walk, but staying loose, relaxed and able to have a conversation with your friends.

RUN

This is what it feels like to work out. You will break a sweat, and your breathing will be heavy, but you know you can keep up the effort.

SPRINT

This is an all-out effort. You will run your hardest, and understand you can only keep up this effort for very short periods of time

# Fleet Feet Liberty Mile Training Plan

Before you head to the start line, try this training plan created by our friends at Fleet Feet Pittsburgh. This program is for an experienced runner who wants to maximize their potential and run their fastest race.

For a PR

	MONDAY	WEDNESDAY	FRIDAY	SUNDAY
WEEK 1	<ul style="list-style-type: none"><li>JOG 400M</li><li>400M @ RACE PACE</li><li>REPEAT 6X</li></ul>	<ul style="list-style-type: none"><li>JOG 5 MINUTES</li><li>RUN 10 MINUTES</li><li>JOG 5 MINUTES</li></ul>	<ul style="list-style-type: none"><li>JOG 3 MINUTES</li><li>SPRINT 1 MINUTE</li><li>REPEAT 5X</li></ul>	<ul style="list-style-type: none"><li>JOG 0.5 MILES</li><li>RUN 1 MILE</li><li>JOG 0.5 MILES</li><li>RUN 1 MILE</li></ul>
WEEK 2	<ul style="list-style-type: none"><li>JOG 800M</li><li>800M @ RACE PACE</li><li>400M JOG</li><li>400M @ RACE PACE</li><li>REPEAT 6X</li></ul>	<ul style="list-style-type: none"><li>JOG 5 MINUTES</li><li>RUN 3 MINUTES</li><li>SPRINT 1 MINUTE</li><li>REPEAT 5X</li><li>JOG 5 MINUTES</li></ul>	<ul style="list-style-type: none"><li>RUN 3 MINUTES</li><li>SPRINT 1 MINUTE</li><li>REPEAT 5X</li></ul>	<ul style="list-style-type: none"><li>JOG 0.5 MILES</li><li>RUN 0.5 MILES</li><li>SPRINT 0.5 MILES</li><li>REPEAT 2X</li></ul>
WEEK 3	<ul style="list-style-type: none"><li>JOG 800M</li><li>800M @ RACE PACE</li><li>400M JOG</li><li>800M @ RACE PACE</li></ul>	<ul style="list-style-type: none"><li>JOG 5 MINUTES</li><li>RUN 3 MINUTES</li><li>SPRINT 2 MINUTES</li><li>REPEAT 3X</li></ul>	<ul style="list-style-type: none"><li>RUN 3 MINUTES</li><li>SPRINT 2 MINUTES</li><li>REPEAT 5X</li></ul>	<ul style="list-style-type: none"><li>RUN 1.5 MILES</li><li>SPRINT 0.5 MILES</li><li>RUN 1 MILE</li><li>SPRINT 0.5 MILES</li></ul>
WEEK 4	<ul style="list-style-type: none"><li>JOG 400M</li><li>1200M @ RACE PACE</li><li>400M JOG</li><li>1200M @ RACE PACE</li></ul>	<ul style="list-style-type: none"><li>RUN 1 MILE</li></ul>	<ul style="list-style-type: none"><li>RACE DAY!!</li></ul>	<ul style="list-style-type: none"><li>1 MILE RECOVERY RUN</li></ul>

WALK

This is a relaxed, easy recovery walk. Take your time, go slowly and catch your breath.

JOG

This is a super slow run. You're moving faster than a walk, but staying loose, relaxed and able to have a conversation with your friends.

RUN

This is what it feels like to work out. You will break a sweat, and your breathing will be heavy, but you know you can keep up the effort.

SPRINT

This is an all-out effort. You will run your hardest, and understand you can only keep up this effort for very short periods of time