Week One

Day 1 - 1 Mile Run

Day 2 - 4x Half Mile Runs

Week Two

Day 1 - 1 Mile Run

Day 2 - 1 Mile Run

Week Three

Day 1 - 2 Mile Run

Day 2 - 3x 1 Mile Run

Week Four

Day 1 - 3 Mile Run

Day 2 - 1 Mile Run