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