



Together We Run

Training Plan for Individuals with PWS - 1 mile

** This training plan can be used for any 5k 1-mile race. To begin, insert your race day and work the calendar backwards to create your training start date. This plan is created to help individuals have success while building time in physical activity. The gradual progression is intentional to build confidence and participation in a gentle way. **

Week count Until Race	Date	Training Day 1	Training Day 2	Training Day 3	Training Day 4 = Long Run
1		10 minutes	10 minutes	10 minutes	0.25 miles
2		10	10	10	0.25
3		10	12	12	0.25
4		12	12	15	0.5
5		12	15	15	0.5
6		15	15	17	0.5
7		15	15	17	0.75
8		15	17	20	0.75
9		15	17	20	0.75
10		15	17	20	1.0
11		15	17	20	1.0
12		15	17	20	1.0
13		20	20	25	1.0
14		20	20	25	1.25
15		20	20	30	1.25
16		20	20	30	1.25
17		20	20	30	1.5
18		20	20	35	1.5
19		20	20	30	1.5
20		20	20	30	1.0
21 Race Week		20	rest	rest	1 mile

Example: If you are training for a 1-mile March 2022 your training begins 10/11/2021. If you have any questions or need assistance. Please reach out to tbuck@brenau.edu. Happy running and walking!

Tammy Buck, PT, DPT, PCS

<https://www.RunningForResearchPWS.com>