



THE MYTHICAL ONE MILE

Asle Rønning Tjelta is a Norwegian running coach with more than 20 years of experience in middle and long distance running. Here, he shares his best advice on how to prepare for the One Mile at WRRRC Copenhagen 26.

The One Mile is a distance that families, friends, and runners of all abilities can train for together. Because the distance is relatively short, it is easier to find sessions that suit everyone.

According to Asle, the most important part of your preparation is not complicated training. It is consistency and gradual progression.

Focus on the basics:

- Train regularly rather than trying to do too much.
- Build your training gradually from week to week.
- Combine easy runs with interval sessions.
- Train together whenever possible.

These principles apply whether you are preparing for the One Mile, a 5K, or a half marathon.

One of the things Asle enjoys most about the One Mile is that the whole family can take part. The distance is short enough for many people to complete, yet long enough to make race day exciting.

Can you beat your mum, dad, uncle, or a good friend?

That is what makes the One Mile such a fun challenge – even if it is your first race.

Rikke Jeberg is a coach at Sparta Athletics & Running and has spent many years helping new runners get started. Here, she shares her best advice on how to prepare for the One Mile and make the most of race day.

For Rikke, one of the greatest strengths of the One Mile is that almost everyone can take part. The distance is manageable for children, parents, and grandparents alike, whether they choose to run or walk.

Training for the One Mile is also a great opportunity to spend time together.

Make training fun for everyone:

- Choose routes with something interesting to see.
- Turn the session into a game by counting red cars or steps, or seeing how far it is around a football pitch.
- Add small challenges, such as racing to the next lamppost.
- Finish the session with a small reward, like an ice lolly on a warm day.

The most important thing is finding activities that everyone enjoys and making training a natural part of the week.

If your family is running the One Mile together for the first time, Rikke recommends agreeing beforehand whether you want to cross the finish line together or let everyone run their own race.

And if you decide to stay together all the way, remember to bring plenty of patience.