



5K TRAINING PROGRAM

Training begins Monday, April 6th.
Run your 5K any day the week of June 13-20!

More info at: RealitySports.org/5k

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SCRIPTURE |
|---------------------------------|--------|---|---|-----------|--|---|--|--------------------------|
| WEEK 1 April 5-11 | Rest | 10 min. Walk 5min + Dynamic stretching | 12 min. Run 1min, walk 2min (4x) | Rest | 18 min. Run 1min, walk 2min (6x) | 10 min. Walk 5min + Dynamic stretching | 26 min. Run 2min, walk 2min (4x) + walk 5min, Static stretching | Hebrews 12:1 |
| WEEK 2 April 12-18 | Rest | 10 min. Walk 5min + Dynamic stretching | 16 min. Run 2min, walk 2min (4x) | Rest | 24 min. Run 2min, walk 1min (8x) | 10 min. Walk 5min + Dynamic stretching | 30 min. Run 3min, walk 2min (4x) + walk 5min, Static stretching | Hebrews 12:2 |
| WEEK 3 April 19-25 | Rest | 7 min. Strength 1x | 18 min. Run 1min, walk 2min (6x) | Rest | 24 min. Run 1min, walk 2min (8x) | 7 min. Strength 1x | 31 min. Run 2min, walk 2min (6x) + strength 1x | Hebrews 12:3 |
| WEEK 4 April 26-May 2 | Rest | 7 min. Strength 1x | 24 min. Run 2min, walk 2min (6x) | Rest | 24 min. Run 2min, walk 1min (8x) | 7 min. Strength 1x | 32 min. Run 3min, walk 2min (5x) + strength 1x | 1 Corinthians 9:24-25 |
| WEEK 5 May 3-9 | Rest | 14 min. Strength 2x | 28 min. Run 4min, walk 3min (4x) | Rest | 30 min. Run 4min, walk 2min (5x) | 14 min. Strength 2x | 35 min. Run 5min, walk 2min (4x) + strength 1x | 1 Corinthians 9:26-27 |
| WEEK 6 May 19-16 | Rest | 14 min. Strength 2x | 27 min. Run 6min, walk 3min (3x) | Rest | 30 min. Run 7min, walk 3min (3x) | 14 min. Strength 2x | 40 min. Run 8min, walk 3min, (3x) + strength 1x | Proverbs 4:26-27 |
| WEEK 7 May 17-23 | Rest | 21 min. Strength 3x | 24 min. Run 10min, walk 2min (2x) | Rest | 28 min. Run 12min, walk 2min (2x) | 21 min. Strength 3x | 43 min. Run 15min, walk 3min (2x) + strength 1x | Galatians 5:7-8 |
| WEEK 8 May 24-30 | Rest | 21 min. Strength 3x | 28 min. Run 15min, walk 3min, Run 5min | Rest | 28 min. Run 12min, walk 2min (2x) | 21 min. Strength 3x | 30 min. Run 15min, walk 3min Run 5min + strength 1x | 1 Timothy 4:7 |
| WEEK 9 May 30-June 6 | Rest | 21 min. Strength 3x | 28 min. Run 20min, walk 3min, Run 5min | Rest | 25 min. Run 25min | 21 min. Strength 3x | 32 min. Run 25min + strength 1x | 1 Timothy 4:8 |
| WEEK 10/11 June 7-20 | Rest | 14 min. Strength 2x | 28 min. Run 28min | Rest | 25 min. Run 25min | Rest | VIRTUAL 5K June 13-20, Run 3.1 miles! Share #realitysports5k | Isaiah 40:31 |



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OVERVIEW

- Training begins Monday, April 6 and lasts 10-11 weeks. Run your 5K any day June 13-20. If you do it after June 13, just repeat the highlighted portion of race Week 10/11 training until the day of your race.
- Saturday workout option – train as a group! We'll begin with a virtual FB live training event each Saturday at 9:00 am for a 1 hr group practice & devotional, then when it's safe we'll move it to Reality Sports Headquarters (239 W. Stewart Ave, Puyallup WA).

DESCRIPTIONS

(Video tutorials on Reality Sports website and the Virtual 5K FB Training Group)

- General approach – at least 15-30 minutes of running/walking 3x per week with a gradual build-up over 10 weeks.
- Strength – 7 exercises in 7 minutes:
 1. Body squats
 2. Backward lunge
 3. Side leg raise
 4. Plank
 5. Side plank
 6. Glute bridge
 7. Bird dog
- Dynamic stretching – 4 stretches in 4 minutes
 1. Hamstring sweep
 2. Leg swings sideways
 3. Leg swings front to back
 4. Calf raise
- Static stretching –
 1. Quad stretch
 2. Calf stretch
 3. Hamstring stretch
 4. IT band stretch

WARM – UP AND COOL – DOWN OPTIONS

- Warm-up : 5 minute walk followed by dynamic stretching
- Cool-down: 5 minute walk followed by static stretching

TRAINING HACKS

1. Pin the workout schedule to your refrigerator and mark off each workout as you complete it to keep yourself motivated and on track.
2. Invite a friend to train and race with you. It's a great way to support Reality Sports and to make it more fun for yourself. It's also good accountability!
3. Spend time at the beginning or end of each workout reflecting on the weekly scripture. Join our Virtual 5K Training Facebook Group and share on there what you are learning through your physical and spiritual journey.
4. Stay well-hydrated throughout the day; water or low-cal Gatorade is the best. Stay away from sugary energy drinks or soda.
5. Stretching is a great way to increase flexibility and prevent injury – use dynamic stretching at the beginning of a workout and/or static stretching at the end.
6. If you miss a day's workout, you can make it up the following day by combining it with whatever is scheduled on the following day; otherwise, just pick up where you left off and continue with the new workouts. Saturday's workout is the most important one of each week.
7. Doing a running/walking workout 3x/week for 15-30 minutes is the bare minimum to prepare your body for a 5K, so make those 3 weekly workouts the priority; however, don't skip the strength workouts – those will help prevent injury and will increase your running speed.
8. Proper footwear is important. I suggest going to Road Runner Sports (there is one in Kent for you locals) or a similar running store if you need help finding the right shoe for you. If you shop by yourself somewhere else, try finding a shoe with a good balance of cushion/stability, one that feels comfortable on your feet without slipping, and ask if you can wear the shoes for a quick walk/jog outside before you purchase them.