

**RESILIENCE RUNS**

# WOMEN'S 5K TRAINING

## & HEALTH GUIDE



*A Journey to Heal, Move, and Thrive  
For Every Woman*

**BY VICTORIOUS**

## **IMPORTANT DISCLAIMER Stop and Read**

I am not a licensed medical professional, personal trainer, or certified fitness expert. The exercises, wellness practices, and nutritional suggestions in this guide are based on personal experience and are intended for general informational and inspirational purposes only.

Please consult your physician or a qualified healthcare provider before beginning any new fitness or nutrition program, especially if you are pregnant, nursing, under 18, elderly, or have any pre-existing health conditions. Your health is precious and should be protected.

By using this guide, you acknowledge and accept that you are voluntarily participating in the activities described and assume full responsibility for any risks involved. I do not assume, and shall not be held liable for, any injury, health complications, accidents, or death that may result from your use of this material.



## 8-Week Preparation Challenge

This is more than a race, it's a declaration of victory. After overcoming depression, trauma, and emotional battles through faith in Jesus, meditating on the Word of GOD and running, I knew I had to help other women rise, too.

Whether you're new to movement, carrying extra weight, or facing health challenges. This guide is for you. I started where you are: unsure, unsteady, but full of hope.

This 8-week journey is designed to strengthen your body, renew your mind, and empower your spirit step by step with God's help.



## Who This Guide Is For:

- Women of all ages (teens to seniors) and sizes (including obese).
- Beginners who don't exercise or are running their first 5K (3.1 miles).
- Those with conditions like high blood pressure, diabetes, or joint issues.
- Anyone seeking mental resilience alongside physical readiness.

## Key Principles

- **Start Slow, Build Steady:** Progress safely over 8 weeks, from walking to running/walking a 5K.
- **Listen to Your Body:** Rest when needed, adjust for health conditions, and honor your limits.
- **Faith & Mindset:** Lean on prayer, Scripture, and community for mental strength.
- **Doctor's Approval:** Essential for safety, especially with obesity, chronic conditions, or no exercise history.

## Training Plan

### Overview:

- **Goal:** Finish the 5K (walk, run/walk, or run) in 45-60 minutes, feeling strong and uplifted.
- **Frequency:** 3-4 sessions/week (20-40 minutes each), plus rest days.
- **Equipment:** Comfortable shoes (e.g., wide-fit if needed), loose clothing, water bottle.

## Week 1-2



**Goal:** Build a base, boost confidence.

### Physical:

- Obese/Beginners: Walk 15-20 min, 3x/week. Add 5 min if comfortable.
- High BP/Diabetes: Walk 10-15 min, monitor symptoms (e.g., dizziness, sugar drops—carry snacks).
- First-Timers: Walk 20 min, 3x/week, mix in 1-min jogs if ready.

### Mental:

- Pray or meditate 5 min daily: “Lord, give me strength to start.” (Philippians 4:13)
- Journal one win: “I walked 10 minutes today!”

### Health Tips:

- Consult doctor: Discuss meds and clearance.
- Hydrate: 8-10 cups water/day.

### Workout Plan

Walk 15-20 min, 3x/week (flat ground, slow pace).  
Add 5 min if comfy.

### Sample Meals & Snacks

- Breakfast: Oatmeal with berries and almond milk
- Lunch: Grilled chicken wrap with spinach and hummus
- Snack: Apple slices with peanut butter
- Dinner: Baked salmon, quinoa, and steamed broccoli



## Workout Plan



Walk 20 min, 3-4x/week. Add 1-min jog intervals if ready.

## Sample Meals & Snacks

- Breakfast: Greek yogurt with granola and honey
- Lunch: Turkey and avocado sandwich on whole grain
- Snack: Carrot sticks with hummus
- Dinner: Stir-fry chicken with brown rice and vegetables

## Your Plan (Fill In Below)

Breakfast:

Lunch:

Snack:

Dinner:

Notes:



## Your Plan (Fill In Below)



Breakfast: \_\_\_\_\_

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Lunch: \_\_\_\_\_

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## Week 3-4



Goal: Increase stamina, ease into movement.

Physical:

- Obese/Beginners: Walk 25-30 min, 3-4x/week. Try 1-min walk/1-min rest intervals.
- High BP/Diabetes: Walk 20-25 min, 3x/week; check BP/sugar pre/post.
- First-Timers: Walk 25 min, add 2-min jogs every 5 min.

Mental:

- Affirmation: “I’m stronger than yesterday—Jesus carries me.” (Isaiah 40:31)
- Visualize crossing the finish line with a smile.

Health Tips:

- Stretch 5 min post-walk.
- Eat balanced meals for steady energy

## Workout Plan

Walk 25-30 min, 3-4x/week. Try 1-min walk/1-min rest intervals.

## Sample Meals & Snacks

- Breakfast: Scrambled eggs with spinach and whole grain toast
- Lunch: Quinoa salad with chickpeas and feta
- Snack: Handful of almonds and banana
- Dinner: Baked tilapia with sweet potato and green beans





## Workout Plan



Walk 25-30 min, 3-4x/week. Add 2-min jogs every 5 min if ready.

## Sample Meals & Snacks

- Breakfast: Smoothie with spinach, banana, protein powder
- Lunch: Lentil soup and mixed green salad
- Snack: Low-fat cheese and whole grain crackers
- Dinner: Turkey chili with black beans and corn

## Your Plan (Fill In Below)

Breakfast:

Lunch:

Snack:

Dinner:

Notes:



## Your Plan (Fill In Below)



Breakfast: \_\_\_\_\_

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Lunch: \_\_\_\_\_

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## Week 5 -6



Goal: Mix walking and running, build resilience.

### Physical:

- Obese/Beginners: Walk 30-35 min, 4x/week; try 2-min walk/1-min jog.
- High BP/Diabetes: Walk 25-30 min, include short jogs only if approved.
- First-Timers: Walk/jog 30 min (e.g., 4 min walk, 2 min jog).

### Mental:

- Prayer: “God, renew my mind and body.” (Romans 12:2)
- Join a friend or April 19 training day.

### Health Tips:

- Monitor sugar/BP levels.
- Rest 1-2 days/week.

### Workout Plan

Walk 30-35 min, 4x/week; try 2-min walk/1-min jog intervals.

### Sample Meals & Snacks

- Breakfast: Overnight oats with chia seeds and fruit
- Lunch: Grilled veggie wrap with tzatziki
- Snack: Celery with peanut butter
- Dinner: Chicken and vegetable stir-fry with brown rice



## Workout Plan



Walk/jog 30-35 min, 4x/week. Aim for 12-15 min jogging.

## Sample Meals & Snacks

- Breakfast: Cottage cheese with pineapple
- Lunch: Tuna salad over mixed greens
- Snack: Greek yogurt with berries
- Dinner: Spaghetti squash with marinara and turkey meatballs

## Your Plan (Fill In Below)

Breakfast:

Lunch:

Snack:

Dinner:

Notes:



## Your Plan (Fill In Below)



Breakfast: \_\_\_\_\_

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Lunch: \_\_\_\_\_

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## Week 7-8



**Goal:** Push distance, solidify habits. Strength

### Physical:

- Obese/Beginners: Walk/jog 35-40 min, 4x/week.
- High BP/Diabetes: Walk/jog 30-35 min, jogs 1-2 min max.
- First-Timers: Walk/jog 35 min (e.g., 3 min walk, 3 min jog).

### Mental:

- Scripture: “My grace is sufficient for you.” (2 Corinthians 12:9)
- Celebrate: “I’m halfway there—God’s got me!”

### Health Tips:

- Replace shoes if worn.
- Add healthy fats (avocado, nuts).

### Workout Plan

Walk/jog 35-40 min, 4x/week. Goal: 2-2.5 miles total.

### Sample Meals & Snacks

- Breakfast: Protein smoothie and whole grain toast
- Lunch: Chicken Caesar salad (light dressing)
- Snack: Hard-boiled egg and fruit
- Dinner: Grilled shrimp tacos with cabbage slaw



## Workout Plan



Walk/jog 40 min, 4x/week. Practice full 3.1 miles.

## Sample Meals & Snacks

- Breakfast: Avocado toast and poached egg
- Lunch: Veggie quinoa bowl with tahini drizzle
- Snack: Mixed nuts and dried fruit
- Dinner: Grilled chicken breast with roasted vegetables

## Your Plan (Fill In Below)

Breakfast:

Lunch:

Snack:

Dinner:

Notes:



## Your Plan (Fill In Below)



Breakfast: \_\_\_\_\_

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# *Health Considerations by Condition*

## **Obesity:**

- Walk first, wear cushioned shoes. Monitor joints.
- Doctor: Check heart rate (50-70% max).

## **Sedentary/No Exercise:**

- Begin 10-15 min/day. Expect soreness, ice if needed.
- Doctor: Baseline test.

## **First-Time Runners:**

- Use intervals. Focus on finishing.
- Doctor: Confirm no underlying risks.

## **High Blood Pressure:**

- Low-intensity only. Rest if dizzy.
- Doctor: Adjust meds if needed.

## **Diabetes:**

- Check sugar pre/post (70-130 mg/dL). Carry glucose.
- Time workouts after meals. Consult doctor.

## **Mental Preparation**

- Daily Boost: 5 min of prayer or gratitude  
Thank You, Lord, for this body and breath.”
- Overcome Doubt: Write fears and counter with God’s truth.

## CLOSING PRAYER + RACE BLESSING

 **You Made It!** 

Whether you walked, jogged, or trained at your own pace YOU DID IT. You committed to healing, to showing up, and to honoring your body. That's worth celebrating.

### **Race Day Prayer:**

"Father, I thank You for every mile, every tear, and every triumph. I thank You that I am not who I was I am being transformed.

Be with me as I cross the finish line. Let every step bring glory to You."

In Jesus' Name, Amen.

### **Final Reminder:**

You are not running alone. This race is spiritual. You're not just moving your feet you're taking back your peace, joy, and purpose.