



## Run for Resilience: Women's 5K Training & Health Guide

### A 8-Week Journey to Heal, Move, and Thrive—For Every Woman

#### Intro Message from You:

“I’m La Toya and this 5K on May 17, 2025, in Griffith Park is my heart’s cry after overcoming depression and trauma with faith in Jesus, holistic steps like running, and therapy. Whether you’re new to exercise, carrying extra weight, or managing health challenges, this guide is for you. I started where you are—unsure, unsteady, but hopeful. Together, we’ll prepare physically and mentally, step by step, with God’s strength. Please consult your doctor before beginning—your health is precious!”

#### 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

1. **Start Slow, Build Steady:** Progress safely over 8 weeks, from walking to running/walking a 5K.
2. **Listen to Your Body:** Rest when needed, adjust for health conditions, and honor your limits.
3. **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.

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## 8-Week Training Plan (March 24, - May 17, 2025)

#### 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.

#### Weeks 1-2: Foundation (March 24)

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

- **Physical:**

- *Obese/Beginners:* Walk 15-20 min, 3x/week (flat ground, slow pace). Add 5 min if comfy.
- *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: Get clearance, discuss meds (e.g., BP control, insulin timing).
- Hydrate: 8-10 cups water/day. Avoid sugary drinks if diabetic.

### **Weeks 3-4: Endurance (Mar 31)**

**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 (aim for steady levels).
- *First-Timers:* Walk 25 min, add 2-min jogs every 5 min (e.g., 5 walk, 2 jog, repeat).

- **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 (calves, hamstrings—gentle for joints).
- Eat balanced: Protein (chicken), carbs (oats), veggies—small meals for energy, not spikes.

### **Weeks 4-5: Transition (Apr 7-14)**

**Goal:** Mix walking and running, build resilience.

- **Physical:**

- *Obese/Beginners:* Walk 30-35 min, 4x/week; try 2-min walk/1-min jog intervals (5-10 min total jogging).
- *High BP/Diabetes:* Walk 25-30 min, 3-4x/week; 1-min jog if doctor-approved, stop if breathless.
- *First-Timers:* Walk/jog 30 min (e.g., 4 min walk, 2 min jog, repeat). Aim for 12-15 min jogging.

- **Mental:**

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

- **Health Tips:**

- Monitor: BP <140/90, sugar 70-130 mg/dL pre-exercise (adjust with doctor).
- Rest: 1-2 days/week—no guilt, it’s healing!

### **Weeks 5-6: Strength (Apr 21-28)**

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

- **Physical:**

- *Obese/Beginners:* Walk/jog 35-40 min, 4x/week (e.g., 3 min walk, 1 min jog, repeat). Goal: 2-2.5 miles.
- *High BP/Diabetes:* Walk/jog 30-35 min, 3-4x/week; keep jogs short (1-2 min), steady pace.
- *First-Timers:* Walk/jog 35 min (e.g., 3 min walk, 3 min jog). Aim for 2.5-3 miles.

- **Mental:**

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

- **Health Tips:**

- Shoes: Replace if worn (every 300-500 miles) for joint support.
- Nutrition: Add healthy fats (avocado, nuts) for stamina, limit salt if BP high.

### **Weeks 7-8 Race Ready ( May 5 - May 12)**

**Goal:** Finish strong, mentally and physically.

- **Physical:**

- *Obese/Beginners:* Week 9: Walk/jog 40 min (3 miles), 3x/week. Week 10: Taper—20 min 2x, rest Apr 29.
- *High BP/Diabetes:* Week 9: Walk/jog 35 min (2.5-3 miles). Week 10: 15-20 min 2x, rest Apr 29.
- *First-Timers:* Week 9: Walk/jog 3.1 miles (e.g., 2 min walk, 4 min jog). Week 10: 20 min 2x, rest Apr 29.

- **Mental:**

- Visualize: “I’m crossing that line April 30—Jesus is with me!”
- Race Day Prayer: “Lord, steady my steps and heart.” (Psalm 27:1)

- **Health Tips:**

- Pre-Race: Light meal (banana, toast) 2 hours before, hydrate well.
- During: Sip water at stations, walk if needed—no pressure to run all 5K.

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### **Health Considerations by Condition**

#### **Obesity:**

- Start with walking—weight-bearing exercise burns calories (200-300/hour) safely.
- Wide shoes, cushioned soles reduce strain. Progress slowly to avoid injury.
- Doctor: Check joints, heart rate (aim for 50-70% max:  $220 - \text{age} \times 0.5-0.7$ ).

#### **Sedentary/No Exercise:**

- Begin with 10-15 min—muscles adapt over weeks.
- Expect soreness (normal); ice if painful.
- Doctor: Baseline fitness test if over 40 or with health issues.

### **First-Time Runners:**

- Walk/jog intervals build endurance without burnout.
- Focus on consistency, not speed—45-60 min finish is a win!
- Doctor: Confirm no underlying risks (e.g., asthma).

### **High Blood Pressure:**

- Keep intensity low (talk-test: can you chat while moving?).
- Avoid overheating—rest if dizzy.
- Doctor: Adjust meds if BP spikes post-exercise.

### **Diabetes:**

- Check sugar pre/post (70-130 mg/dL safe range). Carry glucose tabs.
- Time workouts 1-2 hours after meals.
- Doctor: Plan insulin/exercise balance.

### **Mental Preparation**

- **Daily Boost:** 5 min of prayer or gratitude—“Thank You, Lord, for this body and breath.”
- **Overcome Doubt:** Write fears (“I’m too slow”) and counter with truth (“I’m enough—God made me to move”).
- **Community:** Join our social media (#RunForResilience) or April 19 training day—sisters in faith lift you up.

**Your Story:** “I was scared to start, too. But every step I took with Jesus built resilience—yours will, too.”