

Date: Sunday, August 14th @ 2:00 p.m.

Location: [Sunrise Clubhouse](#)

Run: 5K – 2 mi. or 30 min / 10K 2.5 mi. or 38 min

Directions:

Start: South Hill Christian Church 12311 151st Street East

1. Head **west** on **151st St E** toward **122nd Ave E**

2. Turn left at **122nd Ave E**

3. Take 2nd left onto Sunrise Pkwy E

4. Travel for 1 mile to Sunrise Office (right side of road)

Alternate location if temp is above 80 degrees

[Nathan Chapman trail](#) (meet by playground)

Location changes will be communicated via [GROUPME](#)

Teaching...“The Plan”

I once heard God’s plan for our lives described as something like a river. It has a beginning, it has an ending. Sometimes it meanders, sometimes it rages. As we travel from the start toward the end there are times we find the waters shallow and slow moving with much room to move to the left or right as we please. Here there is room to exercise our freewill (recognizing that it is ultimately limited freedom as God always owns the riverbanks.) At other times the passage is narrow and our choices of movement, or freewill, become very limited. The Christian might call these times “divine appointments”, the spiritualists “destiny” and the non-believers “amazing coincidences.” Regardless of our unique paths, God’s generic plan for all of us is that we would come to know His son, grow in our understanding of Him, and then share the news of Him with others. How He accomplishes this through us is a combination of Holy-Spirit led freewill and God-directed divine appointment. This is well expressed in [Proverbs 16:9](#): *The mind of man plans his way, But the LORD directs his steps.*

With Cross Trainers you have committed to a “divine appointment” if you will – a 5K, a 10K, a magic number on the scale, a destination (the top of Mt. Si?), a pace goal, a time goal, or some other measurement you’ve established for yourself. Your appointed date is set. Come October 8th, for better or for worse you will measure yourself against your goal (cont. on back).

This week’s assignments (complete before 8/20):

- 1) Complete any of the assignments you didn’t complete from week 1
- 2) Complete 1 “long” and 2 “short” independent workouts per the plan and journal, blog, facebook or GroupMe your experience
- 3) If you are a dessert fan, cut one dessert from your menu this week. If you are a ‘snacker’, replace your salty/greasy/fattening snack with raw vegetables one day this week
- 4) Tell one friend (non-Crosstrainer) this week that you plan to run a 5K/10K in 8 weeks.

Training Description: Base Mileage Out & Back: The next few weeks will be used to continue building “base” mileage and getting your body used to a new routine. Walk, run (or combo) on the Nathan Chapman Trail – 15 minutes “out”, then turn and come “back” for 15 minutes (or return faster for a “negative split” if possible). Note: when the trail turns or branches, always stay to the right (“out”).

Need a training route idea? Click [here](#)

New Vocabulary:

“PR” or “PB”... Personal Record or Personal Best. Last week you may have set a PR/PB for our 30 minute kick-off run. The next time we run the same route, try to beat it for a new PR/PB.

5K or 10K: 1K (kilometer) is equivalent to .62 miles. A 5K is 3.1 miles and a 10K is 6.2 miles. These are two common race distances.

People sometimes refer in error to races of various distances as marathons. A **marathon** is 26.2 miles, a **half-marathon** is 13.1 miles.

Previous Lessons:

Week 1: Expect Resistance + guidance on buying new shoes, Of running clothes & spiritual armor + guidance on clothing and items for a more comfortable training session

Contact info: Crosstrainers@SHCCweb.org

Lasting change is influenced by four elements:

Desire – You must first want to change a habit before you will commit to doing it. You expressed your desire to make a change by joining Crosstrainers.

Knowledge – You must know how to make the required changes that will bring about the desired outcome. Follow the 9-week training plan, the weekly teachings, and the advice of your CT leaders for help in this area.

*****Discomfort** – You must be sufficiently uncomfortable with your current state to overcome the trials driven by the change. The reason many New Year’s resolutions to get in shape fail is because people are more comfortable with being un-fit than they realize. They are not “sufficiently uncomfortable” with the health risk of a sedentary lifestyle to stick to the hard changes they set out to make and quickly return to the comfort and familiarity of their old lifestyle.

External Factors – You must overcome factors beyond your control that may work to prevent you from being successful with the change.

South Hill Christian Church “Cross Trainers” Training Plan

5K Training Plan

Weeks Remaining	Start DOW	Phase	Lesson	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Tot Wkly Miles/Min
8	8/7/2022	Build Endurance	Expect Resistance	2 miles or 30 minutes	Rest	Rest	1 mile or 15 minutes	1.25 miles or 20 minutes	Rest	1.5 miles or 22 minutes	5.75 miles or 87 minutes
7	8/14/2022	Build Endurance	The Plan	2 miles or 30 minutes	Rest	Rest	1.25 miles or 20 minutes	1.5 miles or 22 minutes	Rest	1.5 miles or 22 minutes	6.75 miles or 102 minutes
6	8/21/2022	Build Endurance	Strength	2.25 miles or 36 minutes	Rest	Rest	1.5 miles or 24 minutes	2.0 miles or 30 minutes	Rest	1.5 miles or 22 minutes	6.5 miles or 102 minutes
5	8/28/2022	Gain Speed	Handling Hills	2.25 miles or 36 minutes	Rest	Rest	1.75 miles or 28 minutes	1.5 miles or 22 minutes	Rest	1.5 miles or 22 minutes	7 miles or 108 minutes
4	9/4/2022	Gain Speed	Getting Faster	2.5 miles or 38 minutes	Rest	Rest	2.0 miles or 30 minutes	2.2 miles or 33 minutes	Rest	1.5 miles or 22 minutes	7.5 miles or 116 minutes
3	9/11/2022	Gain Speed	Hydration	2.5 miles or 38 minutes	Rest	Rest	2.25 miles or 34 minutes	2.0 miles or 30 minutes	Rest	1.5 miles or 22 minutes	8.25 miles or 126 minutes
2	9/18/2022	Peak Distance	Fueling	2.75 miles or 45 minutes	Rest	Rest	2.5 miles or 38 minutes	2.25 miles or 34 minutes	Rest	2 miles or 30 minutes	9.5 miles or 147 minutes
1	9/25/2022	Peak Distance	Overcoming Injury	3 miles or 50 minutes	Rest	Rest	3.0 miles or 45 minutes	2.5 miles or 38 minutes	Rest	2 miles or 30 minutes	10.25 miles or 160 minutes
0	10/2/2022	Taper	Giving/Rest	2 miles or 30 minutes	Rest	Rest	2 miles or 30 minutes	1.5 miles or 22 minutes	Rest	RACE!	9.8 miles or 121 minutes
71.1 miles or 1069 minutes (12.8 hrs)											

10K Training Plan

Weeks Remaining	Start DOW	Phase	Lesson	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Tot Wkly Miles/Min
8	8/7/2022	Build Endurance	Expect Resistance	2 miles or 30 minutes	Rest	Rest	2.0 miles or 30 minutes	2.0 miles or 30 minutes	Rest	2.0 miles or 30 minutes	8 miles or 120 minutes
7	8/14/2022	Build Endurance	The Plan	2.5 miles or 38 minutes	Rest	Rest	2.0 miles or 30 minutes	2.0 miles or 30 minutes	Rest	2.0 miles or 30 minutes	8.5 miles or 128 minutes
6	8/21/2022	Build Endurance	Strength	3.0 miles or 45 minutes	Rest	Rest	2.5 miles or 38 minutes	2.5 miles or 38 minutes	Rest	2.0 miles or 30 minutes	10.5 miles or 158 minutes
5	8/28/2022	Gain Speed	Handling Hills	3.5 miles or 54 minutes	Rest	Rest	3.0 miles or 45 minutes	2.5 miles or 38 minutes	Rest	2.0 miles or 30 minutes	11 miles or 167 minutes
4	9/4/2022	Gain Speed	Getting Faster	4.0 miles or 60 minutes	Rest	Rest	3.0 miles or 45 minutes	2.5 miles or 38 minutes	Rest	2.0 miles or 30 minutes	11.5 miles or 173 minutes
3	9/11/2022	Gain Speed	Hydration	4.0 miles or 60 minutes	Rest	Rest	4.0 miles or 60 minutes	3.0 miles or 45 minutes	Rest	2.0 miles or 30 minutes	13 miles or 195 minutes
2	9/18/2022	Peak Distance	Fueling	4.5 miles or 68 minutes	Rest	Rest	4.0 miles or 60 minutes	3.0 miles or 45 minutes	Rest	2.0 miles or 30 minutes	13.5 miles or 203 minutes
1	9/25/2022	Peak Distance	Overcoming Injury	5.0 miles or 75 minutes	Rest	Rest	4.0 miles or 60 minutes	3.0 miles or 45 minutes	Rest	2.0 miles or 30 minutes	14 miles or 210 minutes
0	10/2/2022	Taper	Giving/Rest	3.0 miles or 45 minutes	Rest	Rest	3.0 miles or 45 minutes	2.0 miles or 30 minutes	Rest	RACE!	14.1 miles or 213 minutes
104 miles or 1,597 minutes (26.1 hrs)											

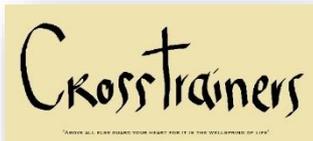
You have set a GOAL, but to achieve your goal you need to have, and follow, a PLAN. The 9-week training plan that we will be using is an adaptation from plans published on Runnersworld.com and HalHigdon.com. These plans have been used successfully by beginning and advanced runners alike and while the intensity, duration, and level of effort may change based upon your experience and level of fitness, certain elements of the plan are always consistent. Follow the plan as closely as possible and it is highly likely that you will achieve your fitness goal. Training plan elements:

- 1) Each week is strategically planned based upon proximity to the race.** The first few weeks start easy to build base mileage. After the first few weeks, total mileage increases by about 10% per week (every three weeks or so the weekly mileage decreases slightly to allow the body to rest.) Certain weeks focus on building stamina, others, strength, still others, speed. Do not add miles or time to the plan, especially if you are a beginner.
- 2) The plan is designed to allow for flexibility.** It is not necessary to follow this plan to the letter. Maybe you prefer to train on Thursdays, not Sundays. No problem. Maybe you miss a few sessions along the way. OK. Maybe you even miss an extended period of time due to injury or illness. Even this can be overcome by modifying your goals and expectations. Sometimes it is necessary to run four days in a row. This isn’t optimal, but OK if done sparingly. Don’t drop out or give up hope if you have missed a lot of time – instead, see a leader and we’ll determine whether you can get back on track. The plan includes “hard” (long, fast, hilly) days and “easy” days (slow and/or short miles). You can move the days around based upon how your body is feeling during the week.
- 3) Rest days are an important part of the plan.** Our plan has four days of training and three days of rest. If possible, days of rest should be alternated with training days. It’s highly recommended that you follow days of hard effort with a day of rest.
- 4) “Peak” mileage happens about two weeks from the race.** You’ll notice that September 25th will be our longest training session
- 5) “Tapering” (training less) occurs over the 11 days between your peak mileage and the Run 4 Miles event.** This allows your body to heal from hard training. Unlike college, last minute cramming for the final test will do more to hurt you than to help you.
- 6) You should always measure actual progress against the plan.** I highly encourage keeping a log or journal that includes the following: Date, planned distance or time, actual distance or time, weather (degrees, wind & direction, description like “rainy” or “snowing”), and most importantly comments (good, bad and ugly). Keep this in a visible place. Though you may hurt or be discouraged, the more training sessions you complete the more you’ll find encouragement from consistently having clicked off days and weeks.

Cross Trainers – Training Log

Use the log below to record your actual training times for each day & weight to start each week

Date	Weight	SUN	MON	TUE	WED	THU	FRI	SAT	Notes
8/7									
8/14									
8/21									
8/28									
9/4									
9/11									
9/18									
9/25									
10/2								RACE!	



Hang on your fridge for encouragement & accountability

Run 4 Miles – Crosstrainers - Devotional

The Plan: Week 2, Day 2...*[Therefore], get rid of all moral filth and every expression of evil, and humbly accept the word planted in you, which can save your souls. Be doers of the word, not hearers only. Otherwise, you are deceiving yourselves. For anyone who hears the word but does not carry it out is like a man who looks at his face in a mirror and after observing himself goes away and immediately forgets what he looks like. But the one who looks intently into the perfect law of freedom, and continues to do so – not being a forgetful hearer, but an effective doer-he will be blessed in what he does. (James 1:21-25).* There are two active words in this passage of key importance: HEAR and DO. James, the author, reminds us that it is not sufficient to simply consume information without taking action upon it. Later, in a similar argument, he makes the case that faith and deeds are companions – deeds are the natural outcome of true faith. We will all likely have times where we feel like we are wandering in our faith-lives. We are “doing” but our actions are fruitless. It’s during those times it’s key to remember that God has provided a roadmap for us. The Bible is His word to read, Jesus is His example to follow, and the Holy Spirit is His voice into our daily living. In today’s passage James gives us a practical example of the application of executing God’s plan in our daily lives: purge moral filth (what to do), by being a doer of the word (how to do it), and be blessed in what you do (the intended outcome). When we have missed the target, and feel as if we are fruitless and wandering, we should examine our roadmap more carefully. Maybe we “looked once”, rather than “intently and continually” at the law of freedom. Maybe we moved into action before getting rid of expressions of evil. Or maybe we aren’t “doing” anything at all, but just “hearing” and expecting a free ride to our desired destination. While God, and what He is asking of us, is sometimes a mystery, running is less-so. Success in your fitness journey starts with a thoughtful and achievable plan and continues via careful execution to the plan – hearing and doing. We cannot have one or the other and expect our best results, we must have both. The rest of this week’s devotionals will focus on effective planning to provide a solid foundation for your 5K/10K success. One final thought: yes, there is room for adjustment to the plan. In fact, that is part of the ‘continuous and intent’ monitoring a runner must do to ensure they stay on track. *Dear God, when I am wandering and feeling like my actions are getting me nowhere, remind me that You already know the path you have for me. Give me the discipline to study that path continually and intently so that I can hear accurately and execute effectively Your plan, created for my blessing. Amen!*



Building faith and fitness one step at a time

Run 4 Miles ~ Crosstrainers



Run 4 Miles – Crosstrainers - Devotional

The Plan: Week 2, Day 3... *“Everyone then who hears these words of mine and does them will be like a wise man who built his house on the rock. And the rain fell, and the floods came, and the winds blew and beat on that house, but it did not fall, because it had been founded on the rock. And everyone who hears these words of mine and does not do them will be like a foolish man who built his house on the sand. And the rain fell, and the floods came, and the winds blew and beat against that house, and it fell, and great was the fall of it.” Matthew 7:24-27.* When you receive a gift with “some assembly required”, how do you respond? Do you tear into the packaging and start building, assuming that you are smart enough to figure out on your own? Or do you account for all of the pieces, lay everything out before you, read through all of the directions, and form your game plan? Many of us suffer from impatience and our eagerness to have the finished product pulls us away from the necessary planning that will make it come together successfully. We sometimes find in those times that we’ve been like the foolish man who built his home on sand. We spend hours on a project only to find that we are missing pieces in the end. We installed pieces backwards and have to do rework. We ruin something in the process. In our faith-life Jesus provided us the necessary instructions to ensure that we are able to build stable homes on solid foundations. We are to HEAR and DO what he says (sound familiar?) When we get out in front of the Lord and assume that we don’t need his instruction it should be no surprise when our plans fall short. You have been given a Crosstrainers game plan. Some of you might feel impatience because the plan starts too slowly. Your early success could give you false confidence and cause you to attempt too much too soon leading to burn out or injury. Others may delay too long, thinking you can cram in all of your work in the end, like a high-school all-nighter before a final exam. There will be exceptions of course, but for the vast majority of you, if you follow the plan as prescribed you will meet your goals, injury free, and with confidence. The Crosstrainers plan has been successfully executed by many before you – it is a house built on rock and it can be trusted. *Dear God, we are an impatient people living in a society that places great importance on instant gratification. We grow weary quickly and we don’t like to follow directions. We expect we should know how to do everything on our own and abandon the things we can’t figure out. Help us to slow down, to listen for your voice, and to wait for your instruction before stepping forward on our own. Help us to build solid homes on firm foundations by hearing and doing Your will in our lives. Amen.*



Building faith and fitness one step at a time

Run 4 Miles ~ Crosstrainers



Run 4 Miles – Crosstrainers - Devotional

The Plan: Week 2, Day 4...*Put your outdoor work in order and get your fields ready; after that, build your house. Proverbs 24:27.* There are many Proverbs that provide us with wisdom relating to our plans. Some tell us to seek counsel from others (Pr 15:22), some warn against chasing fantasies rather than putting in hard work (Pr 12:11), some urge us to consult the wise (Pr 24:3), and in all cases we are reminded: *In their hearts humans plan their course, but the Lord establishes their steps. Proverbs 16:9.* Every good plan must start with an end goal in mind – whether that be the building of a home or the running of a 5K. If you’ve ever started and then abandoned a fitness program in the past perhaps it was because you missed the step of having an end-state to your plan. There was nothing to work toward or look forward to, only the seemingly lifelong commitment to “working out” until...what? The uncertainty may have left nothing in your future but an endless commitment that turned to dread, then abandonment. In the case of Proverbs 24:27, in the language of the audience at the time, the direction was to ensure that you first acquire cattle and plant your crops (things required for sustenance) before building a family and a home (things of comfort). Of course, it is possible to do these things out of sequence and find success. God will sometimes bless us despite the fact that we choose to swim against the stream, but more times than not it is a smoother road to follow the general paths to success He has provided through Solomon and other writers. Here are some elements required for “putting your outdoor work in order” in relation to a good running plan: (1) have a goal, (2) understand the effort required, (3) consider the ‘cost’ (your time and energy), (3) seek guidance from someone with experience, (4) pre-plan your time into your calendar, (5) negotiate adjustments as needed. Working backwards from the end-state goal (5K/10K), it is then important to establish waypoints. Waypoints are simply shorter-term, more frequent, smaller goals. Your first Crosstrainer waypoint is the building of a “base”, which is establishing the 4x weekly habit of getting out the door and miles, no matter what speed, under your feet. The next waypoint is the gaining of speed and efficiency. This is followed by a waypoint of peak weekly-mileage, then a short waypoint of Tapering (reducing mileage) before the race. All of these waypoints are further broken down into weekly goals. These concepts will be shared in greater depth in the coming weeks. *Dear God, in so many areas You show us that you are a God of order. You encourage us to count the costs and seek guidance before we take action. In Crosstrainers, and in my daily walk with You, help me to plan first before moving so that my paths would be straight, my ways easier, and my activities in alignment with the steps you have already established for me.*



Building faith and fitness one step at a time

Run 4 Miles ~ Crosstrainers



Run 4 Miles – Crosstrainers - Devotional

The Plan: Week 2, Day 5...*Desire without knowledge is not good, and whoever makes haste with his feet misses his way. Proverbs 19:2.* In this passage Solomon warns that moving forward, based upon eager motivation but lacking wisdom, can cause a person to miss heading in the direction that they *should* be going. In the spiritual realm this can relate to starting into a task, even a ministry, without first spending time in thoughtful prayer and then as an afterthought asking the Lord to bless you in your endeavor. God leads, we follow. That's the plan. Exercising our ability to discern the path He has laid out before us, and standing in wait until we do, is like flexing any muscle. If you do it seldom it remains weak – if you do it often it becomes strong. In terms of fitness, if you truly wish to run a successful race you must fully understand and execute to the full elements of the plan that you've been provided. You might remember from yesterday's devotional that the first element of your plan is to set a goal. The Crosstrainer plan provides both a 5K and a 10K path. If you have never ran a race before, or if it has been a long time since you have ran, you would be wise to follow the 5K path. Your initial goal might be simply to finish, whether running, walking, or a combination of both. As you gain experience and follow the plan you may set secondary goals, like "finish without walking" or "finish by running one minute out of every five." Or if you've got running experience, you might set a time-related goal such as "finish the 5K in under 30 minutes." Once you've set your goal you must consider the cost. If the goal is a 30-minute 5K but the fastest you've ever finished was in 35 minutes then you know that achieving your goal will require a higher level of performance. Compare your prior workouts to the Crosstrainer plan. The "cost" to meet your goal will come in the form of more time or greater intensity than previous efforts. As noted yesterday it is important to seek guidance, especially if you are inexperienced or attempting a "stretch" goal. There is nothing more demotivating than setting a goal that is so far beyond your reach that you fail from the starting line. Your Crosstrainer leaders have many miles and hours of experience. We can help you discern between challenging and unrealistic goals, and then adjust the goal and the "cost" so that they are in alignment. Seek our guidance – we are here to help! Tomorrow's devotional will focus on understanding the task, making the time, and adjusting as needed. *Father God, you speak to me through your Word, through the Holy Spirit, through the church, through experiences, and through others. You are my Counselor and Advisor, and Your guidance never fails. Help me to exercise my ears and eyes so that I can hear and see the path You have before me and help me to stand patiently until I know that You have spoken.*



Building faith and fitness one step at a time

Run 4 Miles ~ Crosstrainers



Run 4 Miles – Crosstrainers - Devotional

The Plan: Week 2, Day 6...*Teach us to number our days, that we may gain a heart of wisdom. Psalm 90:12.* Today's passage comes from the difficult and at times outright depressing Psalm 90 ("all our days pass away under your wrath; we finish our years with a moan. Our days may come to seventy years, or eighty, if our strength endures; yet the best of them are but trouble and sorrow.") Psalm 90 ends, however, with hopeful resignation: "May the favor of the Lord our God rest on us; establish the work of our hands for us." God is the owner of the master plan for our lives. He allows us free will out of His love for us, but He and He alone knows the BEST path for us. It is when we choose to let go of the wheel and allow Him to direct us that our paths will be made straight. This week's devotionals and Crosstrainer lessons have focused on the effective execution of our plans. Yesterday's focus was on setting goals, considering the cost of committing to the goal you've selected, and seeking guidance from others with more knowledge and experience. Once you have done these things you should next seek to fully understand the tasks at hand. Not all running has the same intended outcome. During the early part of the plan, for instance, your task is simple to "slog." That is, get out there and just put in the time. Don't try to be fast, just make as many of the dates and miles as you can. The later tasks hold similar mileage, but gain in intensity – either via speed or hills. This will task your heart, lungs, and legs and help you to become more efficient. That, in turn, helps you to become faster. In addition to understanding the tasks you should be intentionally marking time on your calendar in advance in order to ensure that you hit your weekly workouts. Crosstrainers meets 4x weekly, but you are fine to target one group meeting/week and train solo the other days if that works best for your schedule. Even if you have thoughtfully selected your goal and done all of the other recommended activities suggested so far you need to know in advance that "life" happens. You catch a cold, have to go out of town, twist an ankle. Maybe your body just isn't ready to respond as quickly as you thought it would and you have to adjust your goals. Adjustments, "course corrections", are a normal part of the training experience. It is a rare thing that small deviations should cause you to have to abandon your hope of participating in the final event. Your leaders are here to help you adjust and keep your sight set on that final prize. *Favor us Lord and establish the work of our legs and lungs. Teach us to number our days by helping us understand and adequately plan for the path we are selecting and the goal we are seeking – be that the finishing of a race or the daily tasks that we undertake.*



Building faith and fitness one step at a time

Run 4 Miles ~ Crosstrainers



Run 4 Miles – Crosstrainers - Devotional

The Plan: Week 2, Day 7... *Give us this day our daily bread. Matthew 6:11.* The Lord's prayer is so well known that it is not uncommon for even unbelievers to be able to recite it in full or in part at funerals and other church gatherings. Jesus was teaching his disciples, and us, to pray. This phrase is so short its due attention could easily be missed. This "daily bread" is the same bread of life Jesus referred to when tempted by Satan. It is the same sustenance he referred to when his disciples urged him to eat and he told them "I have food that you know nothing about...my food is to do the will of the one who sent me and finish his work." It is not that Jesus was immune to the discomfort of hunger (he had spent 40 days without food) or that he was being aloof to the needs of others. He was simply reminding us to remind ourselves through prayer that God will take care of our daily needs. As further evidence he tells us in Matthew 10:29 that even a two-cent sparrow will not fall outside of the Father's care. Our "higher focus" is to be on things like loving God and loving our neighbors. We have spoken much of the higher elements of our fitness plan in prior devotionals this week. There is also a "daily bread" element to our Crosstrainers plan (admittedly the reference to our scripture begins to break down a bit here.) If we are not taking care of the daily, micro, elements we will find it difficult to be successful in the macro elements. Daily elements of the plan are tied to your physical, emotional, and spiritual levels of readiness and capability prior to a given run. We will spend plenty of time discussing each of these in future devotionals. But as a brief treatment, your physical needs come in the form of weather-appropriate gear, strategic and properly timed fueling (eating and drinking), protection against areas that might wear or rub, and an understanding of the impact of previous workouts on your current physical state (in other words, how tired or motivated you might be that day). Static and dynamic stretches are an important part of your pre-run preparation. And a proper cool-down can ward off cramps. Your physical and emotional states are often closely tied – when your body is tired it can affect your mental state. Maybe you want to swap a harder workout with an easier one to build your confidence. Finally, it is good to assess your spiritual state before each run. Many times the best way to motivate the physical and emotional is through scripture and prayer. All of these micro elements (daily plans) are critical aides to our macro success (meeting our ultimate goals). *Dear God, in our prayer life You teach us to rely on You to take care of the big things. In our running life we trust You to help us remember the small things. You are our daily bread. In ALL things be at the center of our minds and lives. Amen.*



Building faith and fitness one step at a time

Run 4 Miles ~ Crosstrainers

