

Date: Sunday, October 2nd, 2:00 p.m.

Location: [Sunrise](#) Clubhouse

Distance	Run 1	Run 2	Run 3	Run 4
5K	2.0 miles or 30 min.	1.5 miles or 22 min.	1.5 miles or 22 min	RACE!
10K	3.0 miles or 45 min	3.0 miles or 45 min	2.0 miles or 30 min	RACE!

Training Description: Thursday 2-mile tune up/shake out the kinks

– You’ve spent the previous 8 weeks building up - this week is all about the taper. 20 minute light run to shake out the cobwebs. Throw in a few striders, three or four over the course of the run. Striders are 20-30 steps at a brisk pace.

Next Event (October 8th): RACE DAY!

Motivational Verses:

[Ephesians 2:10](#) For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.

[1 Thessalonians 5:16-18](#) Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.

[1 Corinthians 10:31b](#) Whatever you do, do all for the glory of God.

Previous Lessons:

[Week 1:](#) Expect Resistance + guidance on buying new shoes

[Week 2:](#) Of running clothes & spiritual armor + guidance on clothing and items for a more comfortable training session

[Week 3:](#) “The plan” – Setting a goal, creating a plan, how to manage the plan when life happens

[Week 4:](#) Handling hills – suffering in life produces perseverance, character & hope. Suffering through training produces speed!

[Week 5:](#) Getting faster – the more you make use of what you’ve been given, the more you will receive!

[Week 6:](#) Hydration is having a full cup...of being filled with the Holy Spirit & of being filled with the right amount of water

[Week 7:](#) Fueling for the distance. Filling your spirit with God’s goodness yields spiritual fruit. Filling your body with the right foods yields performance.

[Week 8:](#) Managing Injury. How to prevent it, what to do when it happens.

Teaching...“It’s Bigger Than You”

Why did you choose to participate in Crosstrainers? Was it to improve your health? To take part in a communal activity? To make your spouse happy? To have fun running with a friend? To accomplish a life-long goal of running a 5K or 10K? Whatever the answer, I am a firm believer that there is a purpose and reason for everything that we choose to do in life. I pray that your participation in Crosstrainers has been a purposeful experience that has not only improved your physical health, but your spiritual health, too. I’m sure a few, if not more of you endured some bumps along the way: life circumstances, injuries, work duties, etc. However, you have pushed through to today. Why? Because God gives you enough strength and grace for each individual day to make it through. Not tomorrow until tomorrow, just today. There are times in life, or perhaps throughout this Crosstrainers journey where a situation might seem hopeless or too hard to physically, mentally, or spiritually endure. Yet, there is always hope, which is what Run 4 Miles is all about. “Run 4 Miles exists to benefit and raise money for Help Hope Live’s Northwest Catastrophic Injury Fund, as well as the Seattle Children’s Hospital Greatest Needs Fund by coming together as a community — with compassion and empathy — to provide those who are suffering with real hope in seemingly hopeless situations.” Your training with Crosstrainers through all the craziness of life shows that you have the endurance you need to cultivate a posture of hope for yourself and others when trials come. As the Elvish High King Gil-galad said, “Hope is never mere...even when it is meager. When all other senses sleep, the eye of hope is first to awaken, last to shut” (The Lord of the Rings: Rings of Power). Hold tightly to hope and what is good, my friends. Thank you for working so hard to accomplish this purpose with us...(written by Jacoby Miles, 2022)

New Vocabulary: Taper - the period of decreased running mileage before a race. **Carb Loading** - A dietary practice that increases carbohydrate reserves in muscle tissue through the consumption of extra quantities of high-starch foods and is often followed by some endurance athletes prior to competition (not necessary for a 5K/10K!)

Contact info: Crosstrainers@SHCCweb.org

Website: <https://www.run4miles.com/crosstrainers>

Bonus Teaching...”Rest”

Former SHCC Pastor Mike Laramie sometimes said “if you’re not in the middle of one of life’s storms then you’ve probably either just come out of one or you’re about to go into one.” (But he was also always quick to give us hope through reminders like ‘if He brings you to it, He’ll bring you through it.’)

Some of you occasionally need to hear that it’s OK to rest. In fact, God desires for us to rest. It’s important that rest be a regular part of our routine so that no matter where we’re at in reference to a storm we will have the strength to go through it successfully. Consider the following:

Before the storm – God set the pattern we are to follow from the very beginning – in fact He modeled it in Genesis. Work for a period and then rest. Without getting into the intricacies of how this works after the new covenant of Jesus, the ten commandments tell us to honor the Sabbath (e.g. REST...in God.) Not only does He command us to rest, He makes it physically impossible for us to avoid rest for an extended period of time. He does this because He knows man fully. Without forced rest we would likely run at full speed all of the time, at the detriment of our health and lifespan.

During the storm – “Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.” [Mt 11:28-29](#). Remember this verse in the midst of your battles and remember also the story of Jesus rebuking the waves and having them die down at his command. God is on control at all times. Even, maybe especially, during the storm He wants you to rest and he offers that we cast our burdens upon Him so that we may do so. Where else in life could we find this offer?

After the storm – Many times we realize only after having passed through a storm exactly how much our bodies, minds and spirits have been punished in the process. Unfortunately the enemy knows also that we are in a weakened state and will often use this time to attack our greatest weaknesses. “Come on,” he’ll whisper in our ears, “one smoke/carton of ice cream/insert your challenge here, isn’t giving in...besides, after what you’ve just been through you’ve *earned* it.” Be aware of this tactic and remember [1Peter 5:8](#) “Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.” But know also that God is not content with just giving warning and then standing back...remember the story of Elijah after calling down fire from heaven? [1Kings 18:16-40](#). After this major victory he was so spent that He was ready to die. But God’s angels physically moved him to a safe place and then ministered to him in rest until he was recharged and ready once again.

Perhaps some of you do not have the type of personality for which lack of rest is a problem – God bless you in this gift (so long as you don’t go too far toward the other side of the spectrum!) For many runners though, rest days can be as difficult to manage as peak mileage. Runners are afraid to lose fitness, afraid that taking time off will weaken the body and decrease performance. This is not so.

Rest during your training – the schedule

The running plan designed for you has rest days built in. Runners, especially recreational runners, will improve performance by NOT running every day of the week. Most training plans strategically schedule three, sometimes four, rest days a week. “Strategically scheduled” means that rest days generally follow days of hardest effort on the plan (i.e. longest run days, interval or hill workouts, or after two days in a row). This is to allow recovery between efforts.

Rest before the race (the storm is approaching!)

Rest is critical during the final two weeks prior to your race – this is called “taper” time. Just prior to your taper time you will have completed the two most intense training weeks of the entire program. During those weeks, even while you were increasing your lung capacity and oxygen handling efficiency, you were tearing your muscles down (remember the lesson on micro-tears) at a rate greater than ever before. This has the effect of depleting your overall level of energy as your body works to restore itself. Elements of rest during this period are, among other things: reduced training mileage, increased sleep, and strategic eating. Note that training for a 5K or 10K does not require tapering to the degree that is required for a half or full marathon, but it’s important that you understand the concept and to put some of these things in practice if you hope to do your best on race day for whatever distance you are covering.

Rest after the race (the storm has passed)

Depending upon your experience in the race you may want to rush out and start working on the next level of fitness right away. If you have exerted great effort in your race and pushed yourself to a high degree your body needs to rest a couple of days before continuing on in any substantial training. Allow yourself a few days of no training, even a week, as a recovery. Enjoy, with moderation, a celebration dinner. Use the newfound hours in your schedule to spend a couple of days with your family. When you’re ready to start up again, run the mileage on the last week (taper week) of the training plan for a couple weeks. Give your body time to heal & strengthen before exerting effort on hills, speed, or distance.