

Get Ready!

Milestone 1: Training Preparation

Read before September 7th

This week's assignments (complete before the end of the week):

- 1) Click here to read the article "[10 running mistakes to avoid](#)":
- 2) Create a running journal and record your starting weight. (Extra credit: log your meals & portion sizes also.)
- 3) Register on the [GROUPME](#) (Run 4 Miles – CrossTrainers)
- 4) **Locate or buy a pair of shoes appropriate your foot type (recommend [South Sound Running](#) in Tacoma or Olympia or [Fleet Feet](#) in Bonney Lake). Buy running socks.**
- 5) Make a plan to work training into your schedule 4 times/week. Put it on the calendar. Record your runs on your training log.
- 6) **If you are any of the following...over 35, over weight, or over due for fitness (i.e. no activity for previous 2 years or so), it's highly recommended that you book an appointment with your doctor to discuss the Crosstrainer training plan.**
- 7) Choose a short, inspirational bible verse and begin to memorize it.

This week's teaching...Expect Resistance!

[Proverbs 4:23](#) tells us “above all else guard your heart for it is the wellspring of life.” Cross Trainers is about giving you the tools to “guard your heart.” Training (a.k.a. temple maintenance) can be hard. The next 6 weeks will demand your time, which you already have little of. Training can be physically painful, and if you're a food lover or have addictions or old injuries you have additional challenges to overcome. Expect resistance from your body. Expect resistance from friends and even family who will have to compete for your time, or who will want you to continue on with old habits. Expect resistance in your spirit. [1Peter 5:8](#) states, “Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.” Expect resistance from the enemy. He will be ever-present and will try anything in his power to get you to abandon your training. He will work to convince you that you can't fit it in to your schedule, that the weather is too hot, too cold, too rainy, that you're not seeing enough weight drop off, that someone else is advancing faster than you. God did not give us a spirit of weakness or timidity. You CAN do this! When faced with resistance here are some suggestions: (1) remember the most painful physical experience you've ever endured and tap into the knowledge that this is not as bad, (2) memorize an inspirational scripture and repeat it as a mantra during your training session, (3) find a training buddy and do your workouts together – hold each other accountable. Remember, any fitness is better than none!

Great routes for individual training days:

- 1) [Roger's High School Track](#)
- 2) [Sunrise](#)
 - #1 – Park at clubhouse. Turn right at end of driveway and travel 9 minutes, then turn around and return to clubhouse.
 - #2 – Park at clubhouse. Turn left at end of driveway and travel 9 minutes, Then turn around and return to clubhouse. Entrance is .7 miles one-way.
 - #3 – Park at clubhouse. Go straight at end of driveway into “The Rim.” Follow the road until forced to turn right. Follow the loop through the Neighborhood and return to clubhouse (1 mile). Add ½ mile by taking The “Internal” loop.
- 3) [Nathan Chapman Trail](#) (144th & 86th) – Follow trail from playground and always stay or turn to the right. After 9 minutes one-way, turn around and return to parking lot. (End of trail is 1 mile, one-way)
- 4) [Bradley Lake Trail](#) – 1 loop = ~.8 mile

Bonus Lesson: Of Running Clothes And Spiritual Armor

All of you, clothe yourselves with humility toward one another because 'God opposes the proud but gives grace to the humble.' Humble yourselves therefore under God's mighty hand, that He may lift you up in due time. Cast all your anxiety on Him because he cares for you ([1 Pet 5:5b-7](#)). With these words, Peter is telling the elders & young men (and likely all of "God's elect" [1 Pet:1:1](#)) that one of our most important pieces of daily clothing is a robe of humility and he is warning us to watch after our pride. As in many sports, pride is a great enemy of runners. Pride can cause great runners to boast mightily, but for the rest of us, pride often brings us down. Pride may cause us to be frustrated when our friends are progressing faster than we are. Pride may prevent us from entering a race in the first place fearing that we'll come in last or get a DNF (did not finish). Pride refers us back to when we were in our prime – back when we were younger, faster, thinner, in better shape (etc.) and it goads that we will never be able to return to those days. "So why try?" taunts the enemy.

Expect resistance! Early on you can expect the enemy to attack your pride. Approach your training with humility and be cognizant of your fellow team members that may be struggling with their progression. If you struggle as you are training, pray as you run. Cast your anxiety upon God as Peter directs. If you see others that are struggling, lift them up.

How can we best combat pride? One way is by anticipating that the enemy will come against us to discourage us and then by putting a plan in place to rely upon the strength of Christ to carry us through our most difficult times. Pray through [Ephesians 6:14-18](#) daily this week and expect God's protection against pride through the gift of "Spiritual Armour", particularly as it relates to this new life-style change you are embarking upon.

In addition to protecting yourself in the spiritual realm, this is a good week to consider the ways to protect yourself from injury and discomfort in the physical realm. Perhaps you have an image of runners that consists of hooded cotton sweatshirts, a terrycloth headband, and baggy sweatpants (made popular by the Rocky movies and the running revolution of the 1970's). Technology in the running world has seen incredible advances over the last 40 years. While you are training **cotton is not your friend**. You want to purchase clothing with wicking properties.

As you are beginning training you will likely be fine – for a while – wearing a cotton T-shirt, your old gardening sneakers, and a pair of gym shorts. But as you increase the duration of your training times you will find that you will be much more comfortable by adding the items below to your wardrobe. Build your wardrobe over time and prioritize the ones that cover issues you might be having with hot spots or chafing. Like subtle sins, these types of "wear spots" are cumulative and we often don't notice that they are building up until they emerge as a problem. Like praying Ephesians, we need to have an advance plan to anticipate, mitigate, and hopefully eliminate discomfort before it occurs. Some investments you may consider making (in the following order): Running shoes, Running socks, Technical T-shirts (tank, short and long sleeve to cover all seasons), Nylon running shorts, and undergarments designed for running.

While it is best to go to a specialty running store to purchase your first pair of running shoes, the other items may be purchased at any general sporting goods store such as Dicks or Sport's Authority, and they can all be found in the same section of the store. Ask a clerk to direct you to the running clothes. If you have purchased these items and are still having trouble with localized rubbing, hot spots and blistering, a few other products you may wish to consider are: BandAids or Nip-Guards (that's the brand name) for protection against rubbing, vaseline or other petroleum products (can stain clothing but is helpful for thighs and armpits), Blister Shield silicon powder (very effective for preventing foot blisters, but not available in most stores...www.2toms.com or google for other vendors), mole skin or Second Skin is helpful after blisters have formed.

Starting out in the plan we are in the "building your base" phase. You may feel like you want to do more than what is on the plan. Don't. Don't risk injury, don't risk burn out. Remember this is a 6-week training plan and not a sprint. Apply the lessons and train wisely to ensure that you will meet your long-term goals. Remember to log, blog, and/or journal your progress this week – the good, the bad and the ugly. As you go, share your experience with others.

Remember your armor ([Eph 6:14-18](#))!

Get Ready!

Milestone 2: Training Preparation

Read before September 7th

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 18th, for better or for worse you will measure yourself against your goal (cont. on back).

This week’s assignments (complete before the end of the week):

- 1) Complete any of the assignments you didn’t complete from week 1
- 2) 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
- 3) Tell one friend (non-Crosstrainer) this week that you plan to run a 5K/10K in 8 weeks.

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.

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 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 Weekly 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	1.75 miles or 27 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 43 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!	9.6 miles or 121 minutes
											71.1 miles or 1099 minutes (11:41 hrs)

10K Training Plan

Weeks Remaining	Start DOW	Phase	Lesson	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Tot Weekly Miles/Min
8	8/7/2022	Build Endurance	Expect Resistance	2.0 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	2.0 miles or 30 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	2.0 miles or 30 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 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.**
- 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.** Keep 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
9/7									
9/14									
9/21									
9/28									
10/5									
10/12								RACE!	

5K Training Plan - Beginner

Weeks Remaining	Start DOW	Phase	Lesson	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Tot Wkly Miles/Min
6	9/7/2025	Build Endurance	Stength	1.5 miles or 22.5 minutes	Rest	Rest	1.5 miles or 22.5 minutes	1.5 miles or 22.5 minutes	Rest	1.5 miles or 22 minutes OR makeup longest run	6 miles or 90 minutes
5	9/14/2025	Build Endurance	Handling Hills	1.75 miles or 26.25	Rest	Rest	1.5 miles or 22.5 minutes	1.5 miles or 22.5 minutes	Rest	1.5 miles or 22 minutes OR makeup longest run	6.25 miles or 94 minutes
4	9/21/2025	Gain Speed	Getting Faster	2 miles or 30 minutes	Rest	Rest	1.75 miles or 26.25	1.75 miles or 26.25	Rest	1.5 miles or 22 minutes OR makeup longest run	7 miles or 105 minutes
3	9/28/2025	Gain Speed	Hydration & Fueling	2.25 miles or 33.75	Rest	Rest	1.75 miles or 26.25	1.75 miles or 26.25	Rest	2.0 miles or 30 minutes OR makeup longest run	7.75 miles or 116 minutes
2	10/5/2025	Peak Distance	Overcoming Injury	2.5 miles or 37.5 minutes	Rest	Rest	2 miles or 30 minutes	2 miles or 30 minutes	Rest	2.0 miles or 30 minutes OR makeup longest run	8.5 miles or 128 minutes
1	10/12/2025	Taper	Giving/Rest	2 miles or 30 minutes	Rest	Rest	2 miles or 30 minutes	1.5 miles or 22.5 minutes	Rest	RACE!	8.6 miles or 129 minutes
37.1 miles or 662 minutes (11 hrs)											

5K Training Plan - Experienced

Before the first session read: "Expect Resistance" and "The Plan"

Weeks Remaining	Start DOW	Phase	Lesson	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Tot Wkly Miles/Min
6	9/7/2025	Build Endurance	Stength	2.0 miles or 30 minutes	Rest	Rest	1.75 miles or 26 minutes	1.5 miles or 22 minutes	Rest	1.5 miles or 22 minutes OR makeup longest run	6.75 miles or 102 minutes
5	9/14/2025	Build Endurance	Handling Hills	2.25 miles or 36 minutes	Rest	Rest	2.0 miles or 30 minutes	1.75 miles or 26 minutes	Rest	1.5 miles or 22 minutes OR makeup longest run	7.5 miles or 116 minutes
4	9/21/2025	Gain Speed	Getting Faster	2.5 miles or 40 minutes	Rest	Rest	2.25 miles or 34 minutes	2.0 miles or 30 minutes	Rest	1.5 miles or 22 minutes OR makeup longest run	8.2 miles or 126 minutes
3	9/28/2025	Gain Speed	Hydration & Fueling	2.75 miles or 45 minutes	Rest	Rest	2.5 miles or 38 minutes	2.25 miles or 34 minutes	Rest	2.0 miles or 30 minutes OR makeup longest run	9.5 miles or 147 minutes
2	10/5/2025	Peak Distance	Overcoming Injury	3 miles or 50 minutes	Rest	Rest	2.75 miles or 42 minutes	2.5 miles or 38 minutes	Rest	2.0 miles or 30 minutes OR makeup longest run	10.25 miles or 160 minutes
1	10/12/2025	Taper	Giving/Rest	2 miles or 30 minutes	Rest	Rest	1.5 miles or 24 minutes	1.5 miles or 22 minutes	Rest	RACE!	9.6 miles or 121 minutes
51.8 miles or 772 minutes (12.9 hrs)											

10K Training Plan – Experienced & with baseline

Before the first session read: "Expect Resistance" and "The Plan"

Weeks Remaining	Start DOW	Phase	Lesson	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Tot Wkly Miles/Min
6	9/7/2025	Build Endurance	Stength	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 OR makeup longest run	11 miles or 167 minutes
5	9/14/2025	Build Endurance	Handling Hills	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 OR makeup longest run	11.5 miles or 173 minutes
4	9/21/2025	Gain Speed	Getting Faster	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 OR makeup longest run	13 miles or 195 minutes
3	9/28/2025	Gain Speed	Hydration & 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 OR makeup longest run	13.5 miles or 203 minutes
2	10/5/2025	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
1	10/12/2025	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
77.1 miles or 1,161 minutes (19.4 hrs)											