

CHRISTALIS  
SUPERHERO

VIRTUAL 5K

RUN/WALK

SEPT 27<sup>TH</sup> 2020

JOIN OUR 5K ALL AROUND THE COUNTRY  
YOU CAN BE A SUPERHERO NO MATTER WHERE YOU LIVE

## 7 Week Superhero 5k Training Guide!

Thank you for registering  
for the Christalis Superhero Virtual 5k on Sept 27, 2020!

We are excited you are joining us!

For the next 7 weeks, starting July 1st,  
we will be training together to run/walk the  
Christalis Superhero Virtual 5k on September 27th!



[www.christalis.org/5k-run/walk](http://www.christalis.org/5k-run/walk)

Don't forget to follow us on  
Facebook and Instagram  
@Christalis Inc.

We will be posting  
running tips EVERY Wednesday  
for 7 weeks starting July 1st.

Follow us to stay connected!

## Let's start with some FAQ:

What is a 5k?

3.1 miles

Who can run/walk a 5k?

Anyone in good health, from children age 10 to adults.

Why 7 weeks?

7 weeks is not too short, and not too long. It is a good set of time to build up muscular endurance and train to run/walk a 5k for beginners and those looking to shorten their finish times!

Can I participate if I am only walking?

Of course! You can use this guide to train if you're walking the 5k. Just replace all the "runs" with "walks" and you can shorten your finish time as well!

What is the Christalis Superhero Virtual 5k?

It is a fundraiser for our children we support in Uganda. As a 501c3 non profit organization, Christalis Inc. sponsors children's education, nutrition, clothing, in our assistance program and in our orphanage in Uganda. We also have projects that give microloans to single mothers and small businesses. Through registering and running our 5k, you are a super hero to our children. All proceeds from our fundraisers benefit our children in Uganda.

## How to use this guide:

This is a walking/running training guide for beginners whose goal is to complete a 5k. If you plan on walking the 5k, exchange running days for walking.

**Disclaimer:** This is just a training guide, this is NOT professional medical advice, contact your doctor before use. Christalis Inc. is not a medical organization and does not assume liability for those following this guide. This guide is meant to be just that - a guide. By using this guide, individuals assume all responsibility and risk in doing so. Always be sure to run/walk in a safe environment.

# Training Guide Schedule

## Week 1

On run/walk days walkers walk only.  
Runners run for 10 sec/walk for 50 sec.

### Monday

Run or Walk 30 min

### Tuesday

Walk 30 min

### Wednesday

Run or Walk 30 min

### Thursday

Walk 30 min

### Friday

Rest or Walk

### Saturday

Rest

### Sunday

Run or Walk 2 miles

## Week 2

On run/walk days walkers walk only.  
Runners run for 15 sec/walk for 45 sec.

### Monday

Run or Walk 30 min

### Tuesday

Walk 30 min

### Wednesday

Run or Walk 30 min

### Thursday

Walk 30 min

### Friday

Rest or Walk

### Saturday

Rest

### Sunday

Run or Walk 3 miles

## Week 3

On run/walk days walkers walk only.  
Runners run for 20 sec/walk for 40 sec.

### Monday

Run or Walk 30 min

### Tuesday

Walk 30 min

### Wednesday

Run or Walk 30 min

### Thursday

Walk 30 min

### Friday

Rest or Walk

### Saturday

Rest

### Sunday

Run or Walk 3.5 miles

## Week 4

On run/walk days walkers walk only.  
Runners run for 25 sec/walk for 35 sec.

### Monday

Run or Walk 30 min

### Tuesday

Walk 30 min

### Wednesday

Run or Walk 30 min

### Thursday

Walk 30 min

### Friday

Rest or Walk

### Saturday

Rest

### Sunday

Run or Walk 2 miles

# Training Guide Schedule

## Week 5

On run/walk days walkers walk only.  
Runners run for 25 sec/walk for 35 sec.

### Monday

Run or Walk 30 min

### Tuesday

Walk 30 min

### Wednesday

Run or Walk 30 min

### Thursday

Walk 30 min

### Friday

Rest or Walk

### Saturday

Rest

### Sunday

Run or Walk 2 miles

## Week 6

On run/walk days walkers walk only.  
Runners run for 25 sec/walk for 35 sec.

### Monday

Run or Walk 30 min

### Tuesday

Walk 30 min

### Wednesday

Run or Walk 30 min

### Thursday

Walk 30 min

### Friday

Rest or Walk

### Saturday

Rest

### Sunday

Run or Walk 4.5 miles

## Week 7

On run/walk days walkers walk only.  
Runners run for 30 sec/walk for 30 sec.

### Monday

Run or Walk 30 min

### Tuesday

Walk 30 min

### Wednesday

Run or Walk 30 min

### Thursday

Walk 30 min

### Friday

Rest or Walk

### Saturday

Rest

### Sunday

Run or Walk 3.1 miles/5 k

Record your time! And celebrate!

## Week 8+ until Sept 27th...

Now that you've been training with us and you're ready for the Virtual 5k, join us in a run streak during the month of September!

### What's a run streak?

You run every day for a set distance for a determined number of days.

#### Step 1.

Determine how far to run/walk each day from Sept 1-Sept 26.

#### Step 2.

Run!

#### Step 3.

Post a photo on your feed/story and use the hashtag #christalistrunstreak and tag us!