

Bethany

# WALKRUN

GO FURTHER FOR FAMILY



2023

**Go Further for Family is a family-friendly event designed to support vulnerable children and families—here in the U.S. and around the world.**

**Now that you've registered, it's time to set your goal!**

(Not registered? Visit [Bethany.org/GoFurther](https://Bethany.org/GoFurther))

## SET YOUR GOAL

Determine a goal and activity that will help you GO FURTHER than you've ever gone before. Because this is a virtual event, you can complete your activity on any day that's convenient for you or over a longer period of time.

Ideas include:

- Complete your first 5K, 10K, or half marathon
- As a family, walk or bike 10 miles together
- Walk one mile per day for two weeks
- As a group, log 100 miles combined
- Add an extra mile to your longest bike ride

## TRAINING TIPS (Helpful training calendar on reverse)

- Get the green light from your doctor before starting a new training program.
- Make sure you're wearing the right shoes. Visit a store that specializes in running shoes if you're buying your first pair of running shoes.
- Always stretch before and after any physical activity.
- Schedule your practice dates and event date.
- Do your research and find a training schedule that fits your current skill level and goal. A simple Pinterest search like, "5K training plans" will provide a ton of information to help you get started.
- Incorporate cross-training into your weekly routine. If you're a walker/runner, cross-training examples include cycling, yoga, swimming, or rowing.
- If you've set a goal to walk as a family, practice building up your distance as a family. Don't worry about your time or pace, just try to go a little further each time. Walking is an easy activity to incorporate strollers, wagons, or even tricycles for the little kids!
- If your goal is distance based, don't worry about how long it takes to get there. Slow & steady will help you reach your goal.
- Smile and have fun!

**Challenge friends & family to**  
**#GOFURTHERFORFAMILY**

## GO FURTHER FOR FAMILY

Share your personal goal and your WHY on social media. *Why* do you want to Go Further for Family?  
**#GOFURTHERFORFAMILY**

Start a Go Further for Family fundraising page and ask friends and family to support your effort.

Learn more at  
**[BETHANY.ORG/GOFURTHER](https://Bethany.org/GoFurther)**

We want to celebrate with you! Join Bethany's Go Further for Family Facebook group to encourage others or to post your finisher photo or stats.

**[JOIN FACEBOOK GROUP](#)**

**Bethany.org/GoFurther**

# 5K beginner training schedule



2023

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Run 5 minutes Walk 1 minute Repeat 3 times	Rest or cross-train	Run 6 minutes Walk 1 minute Repeat 3 times	REST	Run 7 minutes Walk 1 minute Repeat 3 times	Rest or cross-train	REST
WEEK 2	Run 7 minutes Walk 1 minute Repeat 3 times	Rest or cross-train	Run 8 minutes Walk 1 minute Repeat 3 times	REST	Run 9 minutes Walk 1 minute Repeat 3 times	Rest or cross-train	REST
WEEK 3	Run 10 minutes Walk 1 minute Repeat 2 times	Cross-train	Run 12 minutes Walk 1 minute Repeat 2 times	REST	Run 13 minutes Walk 1 minute Repeat 2 times	Rest or cross-train	REST
WEEK 4	Run 15 minutes Walk 1 minute Repeat 2 times	Cross-train	Run 17 minutes Walk 1 minute Repeat 2 times	REST	Run 19 minutes Walk 1 minute Run 7 minutes	Rest or cross-train	REST
WEEK 5	Run 20 minutes Walk 1 minute Run 6 minutes	Cross-train	Run 24 minutes	REST	Run 26 minutes	Rest or cross-train	REST
WEEK 6	Run 28 minutes	Rest or cross-train	Run 30 minutes	REST	Run 20 minutes	REST	Race period begins! Pursue your goals

Consult your physician before beginning any exercise program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. Consult with your healthcare professional to design an appropriate exercise routine.

Source: "6 Week 5K Beginner Training Schedule," run-for-good.com [links to <http://run-for-good.com/5k-beginner-training-schedule/>]