

5K run: 7-week training schedule for beginners

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>On run/walk days, walkers walk only. Runners run for 15 seconds/walk for 45 seconds.</i>							
Week 1	Run/walk 30 minutes	Walk 30 minutes	Run/walk 30 minutes	Walk 30 minutes	Rest	Run/walk 3 miles (4.8 km)	Rest or walk
<i>On run/walk days, walkers walk only. Runners run for 15 seconds/walk for 45 seconds.</i>							
Week 2	Run/walk 30 minutes	Walk 30 minutes	Run/walk 30 minutes	Walk 30 minutes	Rest	Run/walk 3.5 miles (5.6 km)	Rest or walk
<i>On run/walk days, walkers walk only. Runners run for 20 seconds/walk for 40 seconds.</i>							
Week 3	Run/walk 30 minutes	Walk 30 minutes	Run/walk 30 minutes	Walk 30 minutes	Rest	Run/walk 2 miles (3.2 km) with Magic Mile*	Rest or walk
<i>On run/walk days, walkers walk only. Runners run for 20 seconds/walk for 40 seconds.</i>							
Week 4	Run/walk 30 minutes	Walk 30 minutes	Run/walk 30 minutes	Walk 30 minutes	Rest	Run/walk 4 miles (6.4 km)	Rest or walk
<i>On run/walk days, walkers walk only. Runners run for 25 seconds/walk for 35 seconds.</i>							
Week 5	Run/walk 30 minutes	Walk 30 minutes	Run/walk 30 minutes	Walk 30 minutes	Rest	Run/walk 2 miles (3.2 km) with Magic Mile*	Rest or walk
<i>On run/walk days, walkers walk only. Runners run for 25 seconds/walk for 35 seconds.</i>							
Week 6	Run/walk 30 minutes	Walk 30 minutes	Run/walk 30 minutes	Walk 30 minutes	Rest	Run/walk 4.5 miles (7.2 km)	Rest or walk
<i>On run/walk days, walkers walk only. Runners run for 30 seconds/walk for 30 seconds.</i>							
Week 7	Run/walk 30 minutes	Walk 30 minutes	Run/walk 30 minutes	Walk 30 minutes	Rest	5K race day	Rest or walk

Blazing Legs

“Hail, Blazing Legs, coming forth from the darkness, not have I transgressed.” - the 14th Law of MA'AT

The word “transgressed” is defined as violating a command or law, and going beyond a boundary or limit. While we strive daily to not violate the laws of MA'AT, we will **CERTAINLY** be going beyond the boundaries and limits that we have set on ourselves, and that others have placed on us. There is no “can’t,” when you **THINK UNLIMITED**.

Our run/walk training begins on Juneteenth and culminates on Wp Rnpt (the Kemetic ‘new year’) when we will run/walk 3.14 miles in solidarity, reclaiming our bodies, our neighborhoods, and ending this cycle of violence against Black bodies. We will come forth anew.

This is something that can be completed regardless of your location, we just ask that you wear white to connect with our Ancestors while on your journey. We have attached a work-out schedule to help you train.

While running, remember to breathe in through your nose and out through your mouth. Say to yourself, “WE STILL BREATHE,” rather than “I can’t breathe.” This positive affirmation will remind you that despite sisters and brothers we have lost, you are still here to continue their legacy, and take it to the next level so that their will not be lost in vain.