

Exercise Your Faith Church to 5K Running Plan



Do you not know
that in a race all the
runners run, but only
one gets the prize?
Run in such a way as
to get the prize

1 Corinthians 9:24 (NIV)



This plan combines physical training with spiritual growth, incorporating Bible verses on endurance, perseverance, and faith. Each week includes a running schedule, a key Scripture, and a simple meal plan focused on fueling your body well.

Week 1: Starting the Race



Bible Verse



I can do all things through Christ who strengthens me.

Philippians 4:13



Running Plan

🕒 **Day 1:** Walk 5 min,
jog 1 min (repeat 5x),
walk 5 min

🕒 **Day 2:** Walk 5 min,
jog 1 min (repeat 6x),
walk 5 min

🕒 **Day 3:** Walk 5 min,
jog 1 min (repeat 7x),
walk 5 min



Meal Plan

Breakfast: Oatmeal
with banana & honey

Lunch: Grilled
chicken salad with
olive oil dressing

Dinner: Baked
salmon, quinoa,
steamed veggies

Snacks: Greek
yogurt, almonds



Week 2: Building Endurance



Bible Verse



Let us run with perseverance
the race marked out for us.

Hebrews 12:1



Running Plan

🕒 **Day 1:** Walk 5 min,
jog 2 min (repeat
5x), walk 5 min

🕒 **Day 2:** Walk 5 min,
jog 2 min (repeat
6x), walk 5 min

🕒 **Day 3:** Walk 5 min,
jog 2 min (repeat
7x), walk 5 min



Meal Plan

Breakfast: Scrambled eggs with whole-grain toast

Lunch: Turkey & avocado wrap with side of fruit

Dinner: Lean beef stir-fry with brown rice

Snacks: Apple with peanut butter



Week 3: Growing Stronger



Bible Verse



But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary.

Hebrews 12:1



Running Plan

⦿ **Day 1:** Walk 5 min, jog 3 min (repeat 4x), walk 5 min

⦿ **Day 2:** Walk 5 min, jog 3 min (repeat 5x), walk 5 min

⦿ **Day 3:** Walk 5 min, jog 4 min (repeat 4x), walk 5 min



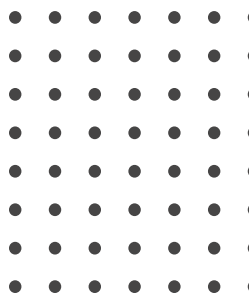
Meal Plan

Breakfast: Smoothie (spinach, banana, protein powder, almond milk)

Lunch: Quinoa bowl with chickpeas & veggies

Dinner: Grilled chicken, sweet potato, broccoli

Snacks: Hard-boiled eggs, trail mix



Week 4: Pushing Through Challenges



Bible Verse



Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance.

James 1:2-3



Running Plan

🕒 **Day 1:** Walk 5 min, jog 5 min (repeat 3x), walk 5 min

🕒 **Day 2:** Walk 5 min, jog 6 min (repeat 3x), walk 5 min

🕒 **Day 3:** Walk 5 min, jog 7 min (repeat 3x), walk 5 min



Meal Plan

Breakfast: Avocado toast with poached eggs

Lunch: Lentil soup with whole-grain bread

Dinner: Baked cod, wild rice, asparagus

Snacks: Cottage cheese with berries



Week 5: Steady Progress

Bible Verse



The Lord is my strength and my shield; my heart trusts in Him, and He helps me.

Psalm 28:7

Running Plan

☉ **Day 1:** Walk 5 min, jog 8 min (repeat 2x), walk 5 min

☉ **Day 2:** Walk 5 min, jog 10 min (repeat 2x), walk 5 min

☉ **Day 3:** Walk 5 min, jog 12 min (repeat 2x), walk 5 min

Meal Plan

Breakfast: Greek yogurt with granola & honey

Lunch: Grilled shrimp salad with quinoa

Dinner: Turkey meatballs, whole-wheat pasta, marinara

Snacks: Hummus with carrot sticks



Week 6: Halfway There!

Bible Verse



I have fought the good fight, I have finished the race, I have kept the faith.

2 Timothy 4:7

Running Plan

☉ **Day 1:** Walk 5 min, jog 15 min, walk 5 min

☉ **Day 2:** Walk 5 min, jog 18 min, walk 5 min

☉ **Day 3:** Walk 5 min, jog 20 min, walk 5 min

Meal Plan

Breakfast: Protein pancakes with berries

Lunch: Chicken & veggie wrap with side salad

Dinner: Grilled steak, roasted potatoes, green beans

Snacks: Protein bar, mixed nuts



Week 7-12: Increasing Distance & Strength!



Week 7 Verse:



Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles.

Hebrews 12:1



Running Plan

🕒 **Day 1:** Walk 5 min, jog 20 min, walk 5 min

🕒 **Day 2:** Walk 5 min, jog 20 min, walk 5 min

🕒 **Day 3:** Walk 5 min, jog 20 min, walk 5 min



Meal Plan

Breakfast: Oatmeal with banana & honey

Lunch: Grilled chicken salad with olive oil dressing

Dinner: Baked salmon, quinoa, steamed veggies

Snacks: Greek yogurt, almonds





Week 8 Verse:



Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.

Joshua 1:9



Running Plan

☉ **Day 1:** Walk 5 min,
jog 22 min, walk 5
min

☉ **Day 2:** Walk 5 min,
jog 22 min, walk 5
min

☉ **Day 3:** Walk 5 min,
jog 22 min, walk 5
min



Meal Plan

Breakfast:

Scrambled eggs
with whole-grain
toast

Lunch: Turkey &
avocado wrap with
side of fruit

Dinner: Lean beef
stir-fry with brown
rice

Snacks: Apple
with peanut butter





Week 9 Verse



The one who calls you is faithful, and He will do it

1 Thessalonians 5:24



Running Plan

⦿ **Day 1:** Walk 5 min,
jog 24 min, walk 5
min

⦿ **Day 2:** Walk 5 min,
jog 24 min, walk 5
min

⦿ **Day 3:** Walk 5 min,
jog 24 min, walk 5
min



Meal Plan

Breakfast: Smoothie (spinach, banana,
protein powder, almond milk)

Lunch: Quinoa bowl with chickpeas &
veggies

Dinner: Grilled chicken, sweet potato,
broccoli

Snacks: Hard-boiled eggs, trail mix





Week 10 Verse:



But you, Lord, do not be far from me. You are my strength; come quickly to help me.

Psalms 22:19



Running Plan

☉ **Day 1:** Walk 5 min,
jog 26 min, walk 5
min

☉ **Day 2:** Walk 5 min,
jog 26 min, walk 5
min

☉ **Day 3:** Walk 5 min,
jog 26 min, walk 5
min



Meal Plan

Breakfast:

Avocado toast with
poached eggs

Lunch: Lentil soup
with whole-grain
bread

Dinner: Baked
cod, wild rice,
asparagus

Snacks: Cottage
cheese with
berries





Week 11 Verse



I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus

Philippians 3:14



Running Plan

- ☉ **Day 1:** Walk 5 min, jog 28 min, walk 5 min
- ☉ **Day 2:** Walk 5 min, jog 28 min, walk 5 min
- ☉ **Day 3:** Walk 5 min, jog 28 min, walk 5 min



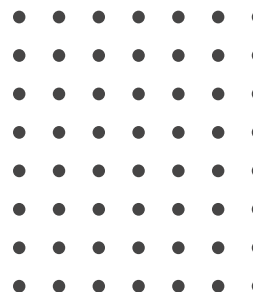
Meal Plan

Breakfast: Greek yogurt with granola & honey

Lunch: Grilled shrimp salad with quinoa

Dinner: Turkey meatballs, whole-wheat pasta, marinara

Snacks: Hummus with carrot sticks





Week 12 Verse:



Well done, good and faithful servant!

Matthew 25:23



Running Plan

🕒 **Day 1:** Walk 5 min,
jog 30 min, walk 5
min

🕒 **Day 2:** Walk 5 min,
jog 30 min, walk 5
min

🕒 **Day 3:** Walk 5 min,
jog 30 min, walk 5
min



Meal Plan

Breakfast:

Protein pancakes
with berries

Lunch: Chicken &
veggie wrap with
side salad

Dinner: Grilled
steak, roasted
potatoes, green
beans

Snacks: Protein
bar, mixed nuts



Final Goal

Run a full 5K (3.1 miles) without stopping!

Final Notes

- ☉ **Pray before runs** for strength and endurance.
- ☉ **Hydrate well** (half your body weight in oz of water daily).
- ☉ **Rest & stretch** to prevent injury.
- ☉ **Celebrate progress** —each step is a victory!

May this plan strengthen both your body and spirit as you run the race set before you!

