



A 6 WEEK PHYSICAL, SPIRITUAL & MENTAL JOURNEY

*Train your body to run the race. Train your heart to finish it.*



Lauren Vaughn's  
MEMORIAL FOUNDATION  
**BEGINNER 5K TRAINING PLAN**

# Welcome TO YOUR 6 WEEK PHYSICAL, SPIRITUAL & MENTAL JOURNEY

We are so honored you're here. Over the next six weeks, you'll be invited into a rhythm of movement, prayer, reflection, and intentional growth. This journey was thoughtfully created to strengthen your body, deepen your relationship with God, and quiet your mind so you can live with greater purpose and peace.

Whether you are a beginner runner, building endurance, or simply joining for the daily verses and reflections, we have a plan for you. See below for the three options we have tailored. Let this be a season of renewal – training your body, centering your heart, and anchoring your spirit in faith. We'll see you in 6 weeks at the third annual LV5K.

We encourage you to journal daily throughout this journey. Keep track of your thoughts, workouts and how you are feeling.

## JOURNEY

"JOURNEY" plan is designed for someone with the desire to follow along without the workouts. It focuses on daily reflections, acts of kindness and being more intentional.

## BEGINNER

"LEVEL 1" plan is designed to safely build endurance using a run/walk method. It's perfect if you're starting from scratch or getting back into running.

## LEVEL 2

"LEVEL 2" plan is designed to safely build endurance using a run/walk method. It's perfect for an active athlete that maybe has never quite ventured into running.

## STRUCTURE

3 Weekly Run Days

2 Optional  
Cross-Training Days  
(walking, cycling, or  
strength)

2 Rest Days

Daily Bible Verse

Daily Reflection

Acts of Kindness and  
Self Care

## Weekly Goals

### Week 1 – Just Get Moving

Goal: Introduce your body to running

### Week 2 – Build Consistency

Goal: Stay comfortable while increasing run time

### Week 3 – Turning the Corner

Goal: Start feeling like a runner

### Week 4 – Endurance Begins

Goal: Extend running segments

### Week 5 – Almost There

Goal: Push toward longer running stretches

### Week 6 – 5K Ready

Goal: Transition to sustained running

## TIPS

Always start with a  
**5 minute warm-up walk**  
and finish with a  
**5 minute cool-down walk**  
plus stretching.

You should be able to talk  
while running.  
Keep it easy.

If you're gasping, slow  
down.

Speed doesn't matter yet  
– finishing healthy does.

## Gear Basics

- Comfortable running shoes
- Moisture-wicking socks
- Water bottle & Watch
- Optional running app to track progress

## Injury Prevention

- Increase effort gradually
- If sore, swap a run day for a walk
- Stretch after every run
- Rest days are part of training



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WEEK 1

BEGINNER

**SUNDAY**  
FEB **22** DAY 1

**Prepare**  
**Attend a Church Service today.**  
**Map out your week and how you will make time to train your mind and body. You CAN DO THIS!**

**1 John 4:7**

"Dear friends, let us love one another, because love is from God, and everyone who loves has been born of God & knows God."

*Reflection:*

This is Lauren's "Life Verse".

How has the love of God helped you to love others?

**MONDAY**  
FEB **23** DAY 2

**Walk/Run**

Run 30 seconds  
Walk 90 seconds  
Repeat for 22-25 minutes

**John 5:24**

"Very truly I tell you, whoever hears my word and believes him who sent me has eternal life and will not be judged but has crossed over from death to life."

*Reflection:*

How confident are you on a scale of 1-10 of your salvation? (10 being 100% sure that you have a relationship with Jesus, knowing he died on the cross for your sins, was buried, and rose again).

**TUESDAY**  
FEB **24** DAY 3

**Rest**

Stretch for 15 minutes.

**Do something nice for someone today.**

**Joshua 1:9**

"Haven't I commanded you: be strong and courageous? Do not be afraid or discouraged, for the LORD your God is with you wherever you go."

*Reflection:*

When you have something worrying you, do you remember God's commands to you? He's telling you to Be Strong, Be Courageous, Be Unafraid, and Be Encouraged because he's right there with you!

**WEDNESDAY**  
FEB **25** DAY 4

**Run/Walk**

Run 30 seconds  
Walk 90 seconds  
Repeat for 22-25 minutes

**Isaiah 41:10**

"Do not fear, for I am with you; do not be afraid, for I am your God. I will strengthen you; I will help you"

*Reflection:*

Whether you're in the deepest valley or on the highest mountain, be still and let the peace of God encourage and strengthen you so you know that you are not alone.

**THURSDAY**  
FEB **26** DAY 5

**Rest**

Stretch for 20 minutes.

**Reach out to someone you haven't talked to in a while.**

**Psalm 37:4**

"Take delight in the Lord, and he will give you your heart's desires."

*Reflection:*

All that you need and desire comes from the Lord. Don't be fooled into believing you have the power.

**FRIDAY**  
FEB **27** DAY 6

**Run/Walk**

Run 30 seconds  
Walk 90 seconds  
Repeat for 22-25 minutes

**Psalm 27:1**

"The LORD is my light and my salvation—whom should I fear? The LORD is the stronghold of my life—whom should I be afraid?"

*Reflection:*

If God is your strength, you are safe. What specific fear can you surrender to Him today?

**SATURDAY**  
FEB **28** DAY 7

**Rest**

Stretch for 20 minutes.

**Take a moment today to enjoy your simple surroundings.**

**Weekly Review**

Which verse spoke to you the most this week? Use your favorite Bible app to see different versions of the verse you love and commit it to memory. Hold it close to your heart.

*Reflection:*

Why and how does this verse speak to you. Share this verse with someone close to you.

**Training Tip:** Listen to your body this week. Remember to stay hydrated and fuel your body with good nutritious meals. Don't push yourself too hard to the point of injury.



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WEEK 2

BEGINNER

SUNDAY

MAR 01 DAY 8

Rest or  
Cross Train

Attend a  
Church Service  
today.

John 3:16

"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life."

Reflection:

Replace your name where it says the world in this verse- For God so loved -----  
The relationship with the Father is personal. He loves YOU that much! You received the Best Gift Ever!

MONDAY

MAR 02 DAY 9

Run/Walk

Run 45 seconds  
Walk 75 seconds  
Repeat 22-25 minutes

Phillippians 1:3

"I thank my God every time I remember you."

Reflection:

Are you praying for others and letting your actions speak louder than your words? By praying for others, it takes the focus off of you and onto other believers and gives you the hope of Christ.

TUESDAY

MAR 03 DAY 10

Rest

Stretch for 15 minutes or cross train.  
**Send a card to a friend you have not spoken to in a while.**

Psalms 23:1

"The LORD is my shepherd, I lack nothing."

Reflection:

The shepherd refers to God and how he watches over you (the sheep). When your Father (the shepherd) is close it's harder for you (the sheep) to get lost or turn away from him. He provides all that you need. Take time to read all of Psalms 23.

WEDNESDAY

MAR 04 DAY 11

Run/Walk

Run 45 seconds  
Walk 75 seconds  
Repeat 22-25 minutes

Lamentations 3:22-23

"Because of the LORD'S faithful love we do not perish, for His mercies never end. They are new every morning; great is Your faithfulness!"

Reflection:

Yesterday's mistakes are covered. How can you use this "new mercy" to start fresh today?

THURSDAY

MAR 05 DAY 12

Rest

Stretch for 20 minutes or cross train.  
**Make a list of 5 personal goals for 2026.**

Psalms 139:1-4

"You have searched me, Lord, and you know me. You know when I sit and when I rise; you perceive my thoughts from afar..."

Reflection:

How does it feel to be completely known—including your flaws—and still be completely loved?

FRIDAY

MAR 06 DAY 13

Run/Walk

Run 45 seconds  
Walk 75 seconds  
Repeat 22-25 minutes

Psalms 46:10

"He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."

Reflection:

Take time out of your busy, hectic schedule to have some quiet time with God and surrender all your troubles and concerns to him. He can handle it all!

SATURDAY

MAR 07 DAY 14

Rest

Stretch for 20 minutes or cross train.  
**Intentionally strive to be present for your family today.**

Weekly Review

Do you have a favorite verse that has been your go to?

Reflection:

How has this verse been helpful in your life? If you don't have a verse, dive into God's word and find one of your own and commit it to memory.

**Training Tip:** Run Slowly. Do not worry about speed. The goal is endurance, not pace. If you cannot hold a conversation while running, you are going too fast.



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WEEK 3

BEGINNER

SUNDAY  
MAR 08 DAY 15

Rest

**Attend a Church Service Today.**

**Romans 12:21**

"Do not be overcome by evil, but overcome evil with good."

*Reflection:*

When confronted with evil, do you copy the world's behavior, or do you reflect Christ? Jesus provides the perfect example of this when He died on the cross and was resurrected, offering forgiveness and eternal life for YOU!

MONDAY  
MAR 09 DAY 16

Walk/Run

Run 1 minute  
Walk 1 minute  
  
Repeat for 25 minutes

**Mark 1:35**

"Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed."

*Reflection:*

God desires a relationship with you, and He wants you to spend time with him. What does your personal time with God look like?

TUESDAY  
MAR 10 DAY 17

Rest

Stretch for 15 minutes or cross train.

**Random Act of Kindness**

**Psalms 34:18**

"The LORD is close to the brokenhearted and saves those who are crushed in spirit."

*Reflection:*

God doesn't avoid your pain; He draws near to it. God never said you wouldn't have troubles, but he does tell you that he will walk with you through them.

WEDNESDAY  
MAR 11 DAY 18

Run/Walk

Run 1 minute  
Walk 1 minute  
  
Repeat for 25 minutes

**1 Corinthians 10:13**

"No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted[b] beyond what you can bear. But when you are tempted,[c] he will also provide a way out so that you can endure it."

*Reflection:*

For the faithful, we know that trouble will come, but God is with you through it all! Let him work on his timeline and see you through whatever season you are in.

THURSDAY  
MAR 12 DAY 19

Rest

Stretch for 20 minutes or cross train.

**Focus on listening, more than talking in your conversations today.**

**John 16:33**

"I have told you these things, so that in me you may have peace. In this world, you will have trouble. But take heart! I have overcome the world."

*Reflection:*

Trouble is guaranteed, but so is victory. How does Jesus' victory change your perspective on today's stress?

FRIDAY  
MAR 13 DAY 20

Run/Walk

Run 1 minute  
Walk 1 minute  
  
Repeat for 25 minutes

**Jeremiah 33:3**

"Call to me and I will answer you and tell you great and unsearchable things you do not know."

*Reflection:*

Daily prayer with God allows you to tell God all the things going on in your life, to express gratitude, to confess your sin and repent, to show obedience, and to allow you to see who really is in control of your life. What a privilege it is to talk to God every day!

SATURDAY  
MAR 14 DAY 21

Rest

Stretch for 20 minutes or cross train.

**Complete that one chore you have been putting off today.**

**Weekly Review**

Write down one way God has shown His strength in your life this week.

*Reflection:*

Have you thought about journaling your prayers daily to spend more time with him?

**Training Tip:** Cross-Train: On rest days, consider low-impact activities like cycling, swimming, or walking to build cardiovascular health without the stress of running. Yoga and Pilates are great too.



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WEEK 4

BEGINNER

SUNDAY

MAR 15 DAY 22

**Rest**

**Attend a Church service today and invite a family member or friend to go along with you.**

**Romans 10:9**

"If you declare with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved."

*Reflection:*

As you reflect on this powerful truth, be challenged to examine your own faith: Do you truly live each day in acknowledgment of Christ's lordship over your life, and how can you deepen your belief in His resurrection to inspire your actions and words?"

MONDAY

MAR 16 DAY 23

**Walk/Run**

Run 90 seconds  
Walk 1 minute  
Repeat for 28 minutes

**II Timothy 4:7**

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

*Reflection:*

Let this be a reminder of your unwavering faith & love for Jesus. Every day, you will face conflict, but when you put on the full armor of God, you know who wins the battle!

TUESDAY

MAR 17 DAY 24

**Rest**

Stretch for 15 minutes or cross train.

**Random act of Kindness**

**Phil. 4:6-7**

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

*Reflection:*

Why should you make your requests to God? The peace of God acts as a safeguard against anxiety, protecting our hearts and minds. Worry is the intruder that seeks to destroy us from within, but the peace of God is a shield.

WEDNESDAY

MAR 18 DAY 25

**Run/Walk**

Run 90 seconds  
Walk 1 minute  
Repeat for 28 minutes

**Col. 3:23-24**

"Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, 24 since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving."

*Reflection:*

As a follower of Christ, you are watched closely. Is the light of Christ shining through you, making others wonder what you have that is different from the world? Let your light shine BRIGHT!

THURSDAY

MAR 19 DAY 26

**Rest**

Stretch for 20 minutes or cross train.

**Forgive someone who hurt you in the past.**

**Matthew 9:2**

"Some men brought to him a paralyzed man, lying on a mat. When Jesus saw their faith, he said to the man, "Take heart, son; your sins are forgiven."

*Reflection:*

Jesus saw the faith of the 4 friends and forgave the man's sins, and the man walked away with his pallet in hand. Do you have a Pallet Story? Can you name 4 friends that God put in your life to share their faith and help when you were hurting?

FRIDAY

MAR 20 DAY 27

**Run/Walk**

Run 90 seconds  
Walk 1 minute  
Repeat for 28 minutes

**Romans 8:38-39**

"For I am convinced that neither death nor life... nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord."

*Reflection:*

Nothing can break this bond. Rest today in the security of being held by God.

SATURDAY

MAR 21 DAY 28

**Rest**

Stretch for 20 minutes or cross train.

**Do one thing to make your home more peaceful or functional.**

**Weekly Review**

What is your purpose this week? God's purpose trumps what you want or need. This week, let him lead and you follow.

*Reflection:*

Keep your eyes on the Lord and remember that he is in control!

**Training Tip: Hydrate and Fuel:** Drink water throughout the day, and consume nutritious foods. Focus on nourishing your body and your mind.



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WEEK 5

BEGINNER

SUNDAY  
MAR 22 DAY 29

Rest

**Attend a Church Service today.**

**Psalm 113:3**

"From the rising of the sun to its setting, let the name of the Lord be praised."

*Reflection:*

No matter what the day brings today, praise His name! When things are good, praise him! When times are tough- praise him!

MONDAY  
MAR 23 DAY 30

Run/Walk

Run 2 minutes  
Walk 1 minute  
Repeat for 30 minutes

**Revelations 4:11**

"You are worthy, our Lord and God, to receive glory and honor and power, for you created all things, and by your will they were created and have their being."

*Reflection:*

We must recognize that all creation exists for God's glory, prompting us to reflect on how we use our lives and gifts to honor Him and fulfill our purpose in His divine plan.

TUESDAY  
MAR 24 DAY 31

Rest

Stretch for 15 minutes or cross train.

**Random Act of kindness.**

**Corinthians 5:17**

"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"

*Reflection:*

Your past does not define your future. What "old" habit or regret do you need to leave behind today?

WEDNESDAY  
MAR 25 DAY 32

Run/Walk

Run 2 minutes  
Walk 1 minute  
Repeat for 30 minutes

**Galatians 6:9**

"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."

*Reflection:*

Doing the right thing is exhausting. Ask God for the second wind you need to keep serving others.

THURSDAY  
MAR 26 DAY 33

Rest

Stretch for 20 minutes or cross train.

**How can you make someone's day easier today?**

**Matthew 28:19-20**

"Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, 20 and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

*Reflection:*

Our ultimate purpose is to share the Gospel. Who is one person you can pray for or encourage today?

FRIDAY  
MAR 27 DAY 34

Run/Walk

Run 2 minutes  
Walk 1 minute  
Repeat for 32-35 minutes

**John 15:5**

"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.

*Reflection:*

Our connection to Christ is vital for a fruitful life. Let's reflect on our relationship with Him today and consider how we can stay closely connected to His love and guidance.

SATURDAY  
MAR 28 DAY 35

Rest

Stretch for 20 minutes or cross train.

**Knock out one thing on someone else's To-Do list for them.**

**Weekly Review**

Did you bring glory to God this week? Did your actions and words look like Christ?

*Reflection:*

What are some simple ways you can bring Glory to God in your everyday life? Write down a few goals for next week.

**Training Tip:** Train Outside: While treadmills work, doing some sessions on pavement prepares you for the actual, harder-surface environment of a 5K race.



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WEEK 6

BEGINNER

SUNDAY  
MAR 29 DAY 36

Palm Sunday

**Attend a Church Service Today.**

**Matthew 21:9**

"And the crowds that went before him and that followed him were shouting, 'Hosanna to the Son of David! Blessed is he who comes in the name of the Lord! Hosanna in the highest!'"

*Reflection:*

Jesus enters Jerusalem to the crowd's praise, and they recognize Him as the Messiah. As you begin this week, let's remember the joy and hope He brings. How can you welcome Him into your life with the same enthusiasm that the crowd displayed?

MONDAY  
MAR 30 DAY 37

Walk/Run

Run 5 minutes  
Walk 1 minute  
Repeat 4xs

**Luke 22:19-20**

"And he took bread, and when he had given thanks, he broke it and gave it to them, saying, 'This is my body, which is given for you. Do this in remembrance of me.' And likewise the cup after they had eaten, saying, 'This cup that is poured out for you is the new covenant in my blood.'"

*Reflection:*

During the Last Supper, Jesus establishes a new covenant through His body and blood. This is a reminder of the sacrifice He is about to make. Reflect today on the significance of communion and how you remember His sacrifice in your own life.

TUESDAY  
MAR 31 DAY 38

Rest

Stretch for 20 minutes or cross train..

**Random Act of Kindness**

**Mark 14:34**

"And he said to them, 'My soul is very sorrowful, even to death; remain here and watch.'"

*Reflection:*

In the Garden of Gethsemane, Jesus expresses His deep anguish. His humanity shines through as He faces the weight of the world's sin. Let's sit with Him in His sorrow today, acknowledging your own struggles and inviting Him into your pain.

WEDNESDAY  
APR 01 DAY 39

Run/Walk

Run 8 minutes  
Walk 1 minute  
Repeat 3xs

**Matthew 25:56**

"But all this has taken place that the Scriptures of the prophets might be fulfilled. Then all the disciples left him and fled."

*Reflection:*

As Jesus is arrested, His disciples abandon Him. This moment highlights human frailty and fear. Reflect on the times you may have turned away from your faith in difficult moments. Yet, Jesus still loves and forgives you, offering grace for your shortcomings.

THURSDAY  
APR 02 DAY 40

Holy Thursday

Stretch for 20 minutes.

**Reflect today on Holy Thursday.**

**John 13:1**

"Now before the Feast of the Passover, when Jesus knew that his hour had come to depart out of this world to the Father, having loved his own who were in the world, he loved them to the end."

*Reflection:*

Jesus demonstrates His love through servant-hood by washing His disciples' feet. This act of humility teaches the importance of serving others. Today, let's consider how you can serve those closest to you, showing Christ's love in practical ways.

FRIDAY  
APR 03 DAY 41

Good Friday

**Rest Today**

**Attend a Good Friday Service**

**John 19:30**

"When Jesus had received the sour wine, he said, 'It is finished,' and he bowed his head and gave up his spirit."

*Reflection:*

Jesus' final words signify the completion of His mission—He has paid the price for your sins. As you reflect on Good Friday, meditate on the depth of His sacrifice and the love that was poured out for you. How does this impact your view of sin and salvation?

SATURDAY  
APR 04 DAY 42

Holy Saturday

**LV5K RACE DAY**

**Matthew 27:62-64**

"The next day, that is, after the Day of Preparation, the chief priests and the Pharisees gathered before Pilate and said, 'Sir, we remember how that impostor said, while he was still alive, 'After three days I will rise.' Therefore order the tomb to be made secure until the third day.'"

*Reflection:*

On Holy Saturday, do you find yourself in a moment of waiting and uncertainty? The disciples are in despair, and the religious leaders are trying to secure the tomb. Reflect on the times you had to wait in your life, and remember that God is still at work, even when you cannot see it.