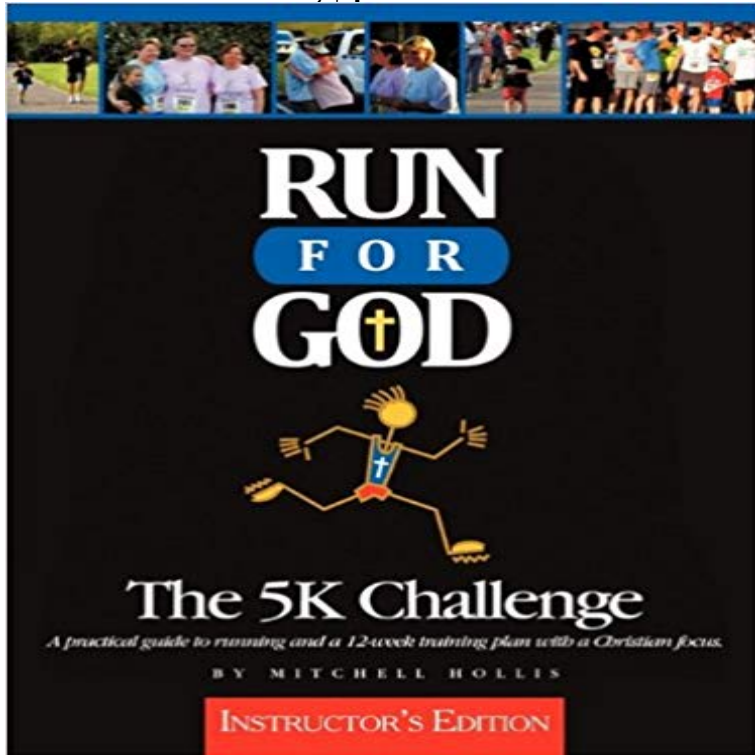


Run For God: The 5K Challenge A practical guide to running and a 12-week training plan with a Christian focus - Instructors Edition



People take up running for many reasons, from weight loss to offseason conditioning for athletics to improved cardiovascular health. But did you know that running is an effective way to strengthen ones faith as well? Run for God-the 5K Challenge is a guide to running and a twelve-week training plan aimed at running a 5K, but with a Christian focus. Author Mitchell Hollis introduces runners to the similarities between running and witnessing for Christ. The workout plans, discussion questions, and Bible verses make it both a practical resource and a workbook for individuals and groups, especially beginning runners.

Run for God-the 5K Challenge Instructors Edition provides group leaders with suggestions on how to get-and keep-their team motivated as runners and as Gods witnesses. Suggestions are given to encourage discussion of Bible passages that are integral to the training plan.

Run for God is designed for all levels of runners, even those who have never run. Learn to spread the gospel of Jesus Christ while understanding the parallels in enduring a sport like running and enduring your faith.

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