



I'm a Black Woman Who

DISPELLING MYTHS

COUCH TO 5K RUN GUIDE

I'M A BLACK WOMAN WHO &
FITNESS RUNNER LEE

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DISPELLING
MYTHS 5K

CHICAGO, IL

THIS COLLABORATION

I'M A BLACK WOMAN WHO &
FITNESS RUNNER LEE

A social media relationship turned into a true friendship and business relationship. Courtney & Khaleedah connected on Instagram and instantly clicked! Two like-minded women with similar goals, passions and stories destined to become a dynamic duo. These goals include living healthy lives, encouraging women to be active and putting themselves first. Because of course...

#realwomensupportwomen

ABOUT THE DISPELLING MYTHS 5K

The DisPELLing Myths 5K not only commoerates I'm a Black Woman Who's anniversary. It also celebrates and encourages women who are on a journey to living a healthier lifestyle.



The race takes place in a different city each year to allow our customers from around the U.S. to participate.

The inaugural DisPELLing Myths 5k was held in Detroit, MI, Founder of I'm a Black Woman Who's hometown. Fitness Runner Lee lead us in stretching and kicked off the race and Kisa Doll yoga provided the post-run yoga stretch.

For the 2019 DisPELLing Myths 5K, I'm a Black Woman Who & Fitness Runner Lee collaborated to be sure that you have the best experience. Our goal is to to bring together women to dispel myths about black women and physical fitness. We're giving you a run guide to give you the motivation, skills, network & desire to come run day, ready to kill it!



I'M A BLACK WOMAN WHO

I'm a Black Woman Who was founded in 2017 to dispel the myth that black women are lazy, unfit Mammys that do not participate in physical activity. This company has been founded to support, acknowledge and uplift black women who are dispelling myths by taking control of their life, promoting life and accomplishing their fitness goals. This company is more than just t-shirts, it's dispelling myths, taking control and promoting life.

FITNESS RUNNER LEE

Fitness Runner Lee offers online and in-person personal training sessions. Her goal is to provide fitness motivation, home workouts, fitness and nutrition tips so you can be the best version of you while living a healthy life on your own terms. She accomplishes this by helping you identify your fitness goals, designing an exercise program that meets your needs, and guiding you through your journey.

Check her out www.fitnessrunnerlee.com.





GETTING 5K READY

THE IMPORTANCE OF REST & RECOVERY

Rest and recovery allows the body to return to a “normalized” physiological state. Rest is part of recovery. Recovery is everything that happens after the end of one workout and before the start of the next one. So rest includes sleep, time for stillness—both mental and physical—as well as participation in activities that provide mental and/or physical rejuvenation. It is as important as training. A rest day is really any non-training day

BREATHING TIPS

- Breathe from your belly (diaphragm) and not your chest
- Inhale for two foot strikes and exhale for two foot strikes
- Inhale and exhale through both your nose and mouth at the same time
- Practice your breathing on your rest days, it helps when you get out on the road

STRETCHING BEFORE VS AFTER

Stretching before and after any kind of exercise is really important because it helps to warm up muscles you are about to work on, preventing injury. Stretching after a workout is equally important as it will reduce muscle soreness as well as help to get your muscles to their original length.

MONTH 1



We're so excited that you've decided to go on this journey with us. This guide will prepare you for race day whether you're a new runner or a seasoned runner. Each week includes 3 run days, 1 workout day with 3 rest days. We'll be checking-in with you so feel free to ask us if you have any questions, we're in this together.

MONTH 1	DAY 1		DAY 2		DAY 3	
WEEK 1	NEW RUNNER	EXPERIENCED RUNNER	NEW RUNNER	EXPERIENCED RUNNER	NEW RUNNER	EXPERIENCED RUNNER
	Run/Walk for 20 minutes <ul style="list-style-type: none"> Run for 5 mins, Walk for 2 mins Repeat until you reach 20 mins (total 3 minute runs, and 2, 2 minute walks) 	Run 1 mile <ul style="list-style-type: none"> Run ½ mile, Walk for 1 min Repeat –Start with a pace that you are able to control your breathing 	Run/Walk for 20 mins <ul style="list-style-type: none"> Run for 5 mins, Walk for 2 mins Repeat until you reach 20 mins 	Run 1 mile <ul style="list-style-type: none"> Run ¾ mile, Walk for 2 min Run ¼ mile, walk for cool down 	Run/Walk for 20 mins <ul style="list-style-type: none"> Run for 5 mins, Walk for 2 mins Repeat until you reach 20 mins 	Run 1 ½ mile <ul style="list-style-type: none"> Run 1 mile, Walk for 2 min Run ¼ mile, walk for cool down
WEEK 2	Run/Walk for 20 minutes <ul style="list-style-type: none"> Run for 6 mins Walk for 3 mins 	Run 1 ½ mile <ul style="list-style-type: none"> Run 1 mile, Walk for 2 min Run ¼ mile, walk for cool down 	Run/Walk for 20 minutes <ul style="list-style-type: none"> Run for 6 mins Walk for 3 mins 	Run 1 ½ mile <ul style="list-style-type: none"> Run 1 mile, Walk for 2 min Run ½ mile, walk for cool down 	Run/Walk for 20 minutes <ul style="list-style-type: none"> Run for 6 mins Walk for 3 mins 	Run 1 ½ mile <ul style="list-style-type: none"> Run 1 mile, Walk for 2 min Run ½ mile, walk for cool down
WEEK 3	Run/Jog for 20 minutes <ul style="list-style-type: none"> Run for 5 mins, Jog for 2 mins Repeat until you reach 20 mins 	Run 1 mile <ul style="list-style-type: none"> Run ½ mile, Walk for 1 min 	Run/Jog for 20 mins <ul style="list-style-type: none"> Run for 5 mins, Jog for 2 mins Repeat until you reach 20 mins 	Run 1 mile <ul style="list-style-type: none"> Run ¾ mile, walk for 2 min Run ¼ mile, walk for cool down 	Run/Jog for 20 mins <ul style="list-style-type: none"> Run for 5 mins, Jog for 2 mins Repeat until you reach 20 mins 	Run 1 ½ mile <ul style="list-style-type: none"> Run 1 mile, Walk for 2 min Run ¼ mile, walk for cool down
WEEK 4	Run/Jog/Walk for 20 minutes <ul style="list-style-type: none"> Run for 6 mins Jog for 3 mins Walk for 1 min 	Run 1 ½ mile <ul style="list-style-type: none"> Run 1 mile, Walk for 2 min Run ¼ mile, walk for cool down 	Run/Jog/Walk for 20 minutes <ul style="list-style-type: none"> Run for 5 mins Jog for 5 mins Walk for 1 min 	Run 1 ½ mile <ul style="list-style-type: none"> Run 1 mile, Walk for 2 min Run ½ mile, walk for cool down 	Run/Jog/Walk for 20 minutes <ul style="list-style-type: none"> Run for 6 mins Jog for 4 mins Walk for 1 min 	Run 1 ½ mile <ul style="list-style-type: none"> Run 1 mile, Walk for 2 min Run ½ mile, walk for cool down

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
WORKOUT	<ol style="list-style-type: none"> Squat with calf raises - 3 sets of 10 reps Side Lunge - 3 sets of 8 reps on each leg Lunge - 3 sets of 8 reps on each leg 	<ol style="list-style-type: none"> Squats - 3 sets of 12 reps Alternating Lunge - 3 sets of 10 reps on each leg Single Leg Calf Raise- 3 sets of 10 reps on each leg 	<ol style="list-style-type: none"> Donkey Kicks - 3 sets of 10 reps on each leg Lying Hip Abduction - 3 sets of 12 reps on each leg Alternate Step Ups - 3 sets of 8 reps on each leg 	<ol style="list-style-type: none"> Squat with calf raises - 3 sets of 12 reps Side Lunge - 3 sets of 10 reps on each leg Lunge - 3 sets of 10 reps on each leg

Workout Video Demonstrations: [WEEK 1](#) | [WEEK 2](#) | [WEEK 3](#) | [WEEK 4](#)

Click on the link above for demos of the weekly exercises.

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MONTH 2

You're still with us, I'm excited and I hope you are too!
You should totally be able to see a difference in your run from week to now.

Just like last month, each week includes 3 run days, 1 workout day with 3 rest days.

This month introduces cross-training for the experienced runner. What's your favorite cross training exercise? You should try something new this month.

MONTH 2	DAY 1		DAY 2		DAY 3	
WEEK 5	NEW RUNNER <small>*Walking minutes do not add into 20 minutes</small> Run/Jog/Walk for 20 minutes	EXPERIENCED RUNNER	NEW RUNNER	EXPERIENCED RUNNER	NEW RUNNER	EXPERIENCED RUNNER
	<ul style="list-style-type: none"> Run for 6 mins, Jog for 4 mins Walk for 3 minutes Repeat until you reach 20 mins 	Run 2 miles <ul style="list-style-type: none"> Run 2 miles straight, the goal is to gauge your pace 	Run/Jog/Walk for 20 minutes <ul style="list-style-type: none"> Run for 5 mins, Jog for 5 mins Walk for 2 minutes Repeat until you reach 20 mins 	Run 2 miles <i>If you are interested in running faster split the run</i> <ul style="list-style-type: none"> Run 1 mile at your targeted race pace Run 1 mile at your current pace 	Run/Jog for 20 minutes <ul style="list-style-type: none"> Run for 7 mins, Jog for 5 mins Walk for 3 mins Repeat until you reach 20 mins 	Run 2 ½ mile <ul style="list-style-type: none"> Run 2 ½ miles at your current comfortable pace
WEEK 6	Run/Jog for 20 minutes <ul style="list-style-type: none"> Run for 7 mins Jog for 3 mins Repeat until you reach 20 mins 	Run 2 miles <ul style="list-style-type: none"> Run 1 mile at your targeted race pace Run 1 mile at your current comfortable pace 	Run/Jog for 20 minutes <ul style="list-style-type: none"> Run for 8 mins Jog for 2 mins 	Run 2 ½ miles <ul style="list-style-type: none"> Run 2 miles at your current pace Run ½ mile at your targeted race pace 	Run/Jog for 20 minutes <ul style="list-style-type: none"> Run for 9 mins Jog for 1 mins 	Run 2 ¾ miles <ul style="list-style-type: none"> Run 2 miles at your targeted race pace Run ¾ at your current comfortable pace
WEEK 7	Run/Jog for 20 minutes <ul style="list-style-type: none"> Run for 7 mins, Jog for 5 mins Walk for 3 mins Repeat until you reach 20 mins 	Run 2 ½ mile <ul style="list-style-type: none"> Run 2 ½ miles at your current comfortable pace 	Run/Jog for 20 mins <ul style="list-style-type: none"> Run for 5 mins, Jog for 2 mins Repeat until you reach 20 mins 	Run 1 mile <ul style="list-style-type: none"> Run ¾ mile, walk for 2 min Run ¼ mile, walk for cool down 	Run/Jog for 20 mins <ul style="list-style-type: none"> Run for 5 mins, Jog for 2 mins Repeat until you reach 20 mins 	Run 3 miles <ul style="list-style-type: none"> Run 3 miles at your targeted race pace
WEEK 8	Run/Jog for 20 minutes <ul style="list-style-type: none"> Run for 5 mins Jog for 4 mins Run for 6 min Jog for 4 mins 	Run 1 ¼ mile <ul style="list-style-type: none"> Run 1 mile, Walk for 2 min Run ¼ mile, walk for cool down 	Run/Jog/Walk for 20 minutes <ul style="list-style-type: none"> Run for 13 mins Jog for 5 mins Walk for 2 mins 	Run 1 ½ mile <ul style="list-style-type: none"> Run 1 mile, Walk for 2 min Run ½ mile, walk for cool down 	Run/Jog for 20 minutes <ul style="list-style-type: none"> Run for 15 mins Jog for 5 mins 	Run 1 ¾ mile <ul style="list-style-type: none"> Run 1 ¾ mile, walk for cool down

	WEEK 5	WEEK 6	WEEK 7	WEEK 8
WORKOUT	1. Squats – 3 sets of 12 reps 2. Alternating Reverse Lunge – 3 sets of 8 reps on each leg 3. Single Leg Step-Up – 3 sets of 8 reps on each leg	4. Donkey Kicks – 3 sets of 12 reps on each leg 5. Marching Hip Raise – 3 sets of 10 reps on each leg 1. Skaters Alternating – 3 sets of 8 reps on each leg	1. Alternating Reverse Lunge - 3 sets of 8 reps on each leg 2. Fire Hydrants – 3 sets of 10 reps on each leg 3. Squats with Calf Raises – 3 sets of reps	1. Plank Jacks – 3 sets of 15 -20 reps 2. In and Out Squats – 3 sets of 10 reps on each leg 3. Donkey Kicks – 3 sets of 12 reps on each leg

Workout Video Demonstrations: [WEEK 5](#) | [WEEK 6](#) | [WEEK 7](#) | [WEEK 8](#)

Click on the link above for demos of the weekly exercises.

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MONTH 3

This is the last leg of the run guide! We'll be seeing you the end of this month.

Even though this is the last month, the expectations are same.

Be sure to carb load the night before the race and get some rest. We're going to have a good time to celebrate at the end!

MONTH 3	DAY 1		DAY 2		DAY 3	
WEEK	NEW RUNNER	EXPERIENCED RUNNER	NEW RUNNER	EXPERIENCED RUNNER	NEW RUNNER	EXPERIENCED RUNNER
9	Run/Jog for 20 minutes • Run for 15 mins • Jog for 5 mins	Cross Train for 20 mins <i>Any physical activity other than running</i> • e.g. swimming, biking, elliptical or weights	Run/Jog for 20 minutes • Run for 8 mins • Jog for 4 mins • Run for 8 minutes	Drills <i>Speed Workout</i> • Jog 1 mile at your current comfortable pace • Run 1 mile as fast as you can (be sure to track your time)	Run/Jog for 20 minutes • Run for 16 mins • Jog for 4 mins	Easy Run • Run 3 miles at an easy pace
10	Run/Jog • Run for 17 mins • Jog for 5 mins	Stride Run <i>Interval Workout</i> • Spring 15 second, rest 1 – 2 minutes • Run 1 mile at your current comfortable pace	Run/Jog • Run for 18 mins • Jog for 5 mins	Cross Train for 20 minutes <i>Any physical activity other than running</i> • e.g. swimming, biking, elliptical or weights	Run/Jog • Run for 20 mins • Jog for 5 mins	Easy Run • Run 2 miles at an easy pace
11	Run/Jog • Run for 20 mins • Walk for 3 mins	Drills <i>Speed Workout</i> • Run ¼ mile at your targeted race pace • Jog easy for ¼ mile • Repeat until you are no longer within 10 secs of your race pace	Run/Jog for 20 mins • Run for 12 mins • Jog 5 mins	Cross Train for 20 minutes <i>Any physical activity other than running</i> • e.g. swimming, biking, elliptical or weights	Run/Jog • Run for 24 mins • Jog for 6	Easy Run • Run 3 miles at your targeted race pace
12	Run/Walk for 30 minutes • Run for 25 mins • Walk for 5 mins	Cross Train <i>Any physical activity other than running</i> • e.g. swimming, biking, elliptical or weights	Run /Walk for 30 minutes • Run for 27 mins • Walk for 3 mins	Stride Run <i>Interval Workout</i> • Sprint 15 secs, run ½ minutes • Jog ¼ mile, repeat 4- 8 times	Run/Walk for 35 minutes • Run for 30 mins • Walk for 5 mins	Easy Run • Run 2 miles at an easy pace

	WEEK 9	WEEK 10	WEEK 11	WEEK 12
WORKOUT	1. Goblet Squats – 3 sets of 15 reps 2. Alternating Front Lunges – 3 sets of 10 reps on each leg 3. Alternating Step-Up (w/Arms) – 3 sets of 10 reps on each leg	1. ISO Squats – 3 sets of 12 reps on each leg 2. Lying Hip Abduction – 3 sets of 12 reps on each leg 3. Split Squats – 3 sets of 10 reps on each leg	1. Burpees – 3 sets of 15 reps 2. Cross-Over Kickbacks – 3 sets of 10 reps on each leg 3. 4-Step Squats – 3 sets of 12 reps on each leg	1. Wall Sit – 3 sets of 30 -45 seconds (longer if possible) 2. Curtsy Lunges - 3 sets of 12 reps on each leg 3. Alternating Marching Hip Raises – 3 sets of 12 reps on each leg

Workout Video Demonstrations: [WEEK 9](#) | [WEEK 10](#) | [WEEK 11](#) | [WEEK 12](#)

Click on the link above for demos of the weekly exercises.

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5K DAY

9. 21. 19



CARB LOADING

You mostly here about "Carb Loading" if you participate in longer runs. Although carb loading is not necessary, if you want to have a great 5K run you should pre fuel to help you stay energized throughout the race. Eating a 200-300 calorie meal before a race should come from unprocessed carbs, keeping the meal low in fiber and fat. This can be the night before or 2 hours before the race. Stay away from eating spicy foods before a race, even the night before, this can upset your stomach. If you have a sensitive stomach, test out different foods during your training runs that you plan to eat before the race to see how your body responds to avoid surprises on race day. Whatever you eat, make sure it's something that worked during your training runs. Don't try anything new the night before or on race day.

WHAT TO EXPECT

On the day of, be sure to eat a well-balanced breakfast, nothing out of the ordinary. You don't want to try anything new on run day. This even includes new attire. While you may be anxious to wear your new shoes and pants, it's best to do a test run in them before the day of.

Once you arrive, it'll be easy! We'll take photos together, review the route, stretch and get started. This isn't an official timed run and there's also no woman left behind. Afterwards, get your medal, stretch and get your post-run stretch. Pat yourself on the back and start training for next year.