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a woman has spoken of her shock at being told she had breast cancer at 23 years old despite appearing to be fit and healthy ellie philpot now 24 from wigan was an active runner and gym goer

aug 2 2020 today i ran my first 5k under 35 minutes i know it probably doesn t seem like much but i am really proud of it i m a short woman 5 0 with a small stride i m really excited and can t wait to

jul 24 2024 these are the things i am thinking about when i run my first 5k in four years i m not wondering how fast i m going or how many calories i m burning all i know is that i am going to finish

dec 5 2023 here s the story of how i worked up the courage to run my first 5k something i never thought i would be able to do

monday october 27 2025 race report race for every child 5k october 18 2025 i ran the race for every child 5k on saturday finishing in 24 40 my original plan had been to run army 10 miler the

mar 27 2020 started running in december i started by running a 5k it s about a 3 3 mile loop so a bit more than 5k but whatever three times a week at first i couldn t run a full mile so it was more like

sep 9 2023 i graduated couch to 5k for the first time on december 2nd 2020 i

started the 5k to 10k programme and graduated 10k on january 9th 2021 so for me about a month i didn't train every

nov 29 2020 if you just started running and you're doing a 35 min 5k then it sounds like you need to work on building a base try to run 4-5 days a week at an easy pace whatever distance is

i remember that going from 5k to 10k wasn't that big of an adjustment because once you get comfortable with running for a certain distance it's exponentially easier to run the additional three miles or so

nov 1 2025 the 16:00 5k runner who's clocking 75-80 mpw will probably be a lock for sub 3:00:00 the 16:00 5k runner who's running 25-30 mpw i'd be less confident in despite probably having more talent

4 days ago she had ultrasounds and a biopsy but said she was literally living life like normal before receiving her diagnosis i was physically fine she said working 12 hour shifts still going to the

feb 28 2025 for example if you ran 3 miles in 32 minutes that works out to a 10:40 pace which is 33:08 for a 5k you can do that math with a pace calculator like this one

mar 25 2024 what are the key lessons that coach nick bester has learnt during his progressions from a 25 minute 5k down to a sub 15 minute performance he shares them

jun 20 2024 looking for 5k tips for your first race here's some advice on what to expect and what to do in the week before your 5k

dec 6 2023 here's the story of how i worked up the courage to run my first 5k something i never thought i would be able to do the post i just ran my first 5k

aug 20 2025 want to run your first 5k we'll guide you through every step with an 8 week couch to 5k training plan tips from those who've done it and advice from a coach

jan 15 2025 a total beginner showed the impact running 5k every day had but what actually happens to your body if you do that

dec 18 2023 whether it s your first or your fiftieth time running a 5k your mental approach to the distance will determine how well you perform in this article running coach nick bester breaks down

simultaneously telling beginners to run less and run slower seems like bad advice in a post about how to improve running pace the main advantage of easy runs over zone 3 is that you incur less fatigue

may 5 2023 discover the average 5k time for beginner runners and get practical advice to improve your pace and enjoy your runs more

dec 5 2025 john lynch made clear that doctors don t expect fred warner to play again this season yet the all pro linebacker continues to rehab like he could

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