



# 5 WEEK TRAINING PLAN 5K

Register now for the Running for Others: An Ignatian 5k

**April 9<sup>th</sup>, 2016**

Bus departs from the library at 7:30am

<http://eliteracemanagement.com/runners-for-others-2016/>

An important Ignatian principle is *cura personalis*, or care for the whole person. This means that we must pay attention to not only our physical and mental well-being but also our spiritual well-being. Along with the physical exercises you'll be using to prepare for the Running for Others 5k, Campus Ministry also invites you to engage in these spiritual exercises to improve your spiritual well-being. The spiritual exercises here are focused on Ignatian spirituality, but are designed to be accessible to persons of different spiritual backgrounds, traditions, and identities. We invite you to pray or reflect on these spiritual exercises in whatever way is most conducive to your spiritual well-being.

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## Week 1: March 6<sup>th</sup> – March 12<sup>th</sup>

### Ignatius

#### Sunday

*Physical Exercise:* Brisk Walk, 30 min.

*Spiritual Exercise:* Read about Ignatius here: <http://jesuits.org/spirituality?PAGE=DTN-20130520125033>

*How is God calling you out of your old habits and into new, life-giving ones?*

#### Monday

*Physical Exercise:* Walk 10 min, Jog 10 min, Walk 10 min, repeat

*Spiritual Exercise:* Read about the Spiritual Exercises here: <http://jesuits.org/spirituality?PAGE=DTN-20130520125429>

*How does the notion of "exercising spiritually" inspire your own spiritual practice?*

#### Tuesday

*Physical Exercise:* Walk, 10 min. Jog, 5 min. Walk, 5 min. Repeat.

*Spiritual Exercise:* Read about the Examen: <http://jesuits.org/spirituality?PAGE=DTN-20130520125910>

*How is God present in even those experiences that seem to draw you away from God?*

#### Wednesday

*Physical Exercise:* Walk, 10 min. Jog, 5 min. Walk, 5 min. Repeat

*Spiritual Exercise:* Participate in your own Examen.

*How did this Examen help you connect spiritually? How did it challenge you?*

#### Thursday

*Physical Exercise:* Walk, 10 min. Jog, 5 min. Walk, 5 min. Repeat.

*Spiritual Exercise:* Read about the history of the Jesuits: <http://jesuits.org/aboutus?PAGE=DTN-20130516093940>

*How are you, like the early Jesuits, called to the edges of your own world?*

#### Friday

*Physical Exercise:* Walk, 10 min. Jog, 5 min. Walk, 5 min. Repeat.

*Spiritual Exercise:* Read and reflect on the following words: <http://www.ignatianspirituality.com/ignatian-prayer/prayers-by-st-ignatius-and-others/prayer-to-st-ignatius>

*How are you, like Ignatius, being called to re-center yourself?*

### **Saturday**

*Physical Exercise:* Walk, 10 min. Jog, 7 min. Walk, 5 min. Repeat.

*Spiritual Exercise:* Spend 5 minutes reflecting on what you have learned this past week and how it relates to your own life.

*Ignatius finds himself called to a new life. How do you find yourself being called by God into new life?*

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## **Week 2: March 13<sup>th</sup> – March 19<sup>th</sup> Men and Women for and with Others**

### **Sunday**

*Physical Exercise:* Brisk Walk, 30 min.

*Spiritual Exercise:* Read about Ignatian Spirituality here: <http://www.ignatianspirituality.com/what-is-ignatian-spirituality/10-elements-of-ignatian-spirituality>

*How do you create space for others in your own spirituality?*

### **Monday**

*Physical Exercise:* Walk, 10 min Jog, 8 min. Walk, 5 min. Repeat

*Spiritual Exercise:* Read the first section of Pedro Arrupe's "Men and Women for and with Others" Address: <http://onlineministries.creighton.edu/CollaborativeMinistry/men-for-others.html>

*How does your spirituality encourage or enable you to be for others?*

### **Tuesday**

*Physical Exercise:* Walk, 10 min. Jog, 5 min. Walk, 5 min. Jog, 10 min.

*Spiritual Exercise:* Read about Ignatian contemplation here: <http://www.ignatianspirituality.com/ignatian-prayer/the-spiritual-exercises/ignatian-contemplation-imaginative-prayer>

*How can Ignatian contemplation better equip you to be for and with others?*

### **Wednesday**

*Physical Exercise:* Rest Day

*Spiritual Exercise:* Perform an Ignatian contemplation on the following passage: Matthew 14: 13-21

*Where did you place yourself in the scene, and what does that reveal about your spirituality?*

### **Thursday**

*Physical Exercise:* Walk, 10 min. Jog, 5 min. Walk, 10 min. Jog, 10 min.

*Spiritual Exercise:* Read about the Jesuits' take on interreligious dialogue and interfaith: <http://jesuits.org/whatwedo?PAGE=DTN-20130520124829>

*How does an interfaith commitment help you more fully be for and with others?*

### **Friday**

*Physical Exercise:* Walk, 10 min. Jog, 7 min. Walk, 5 min. Jog, 10 min.

*Spiritual Exercise:* Take some time free writing or journaling. Use your imagination or reflect on how the imagination plays a large role in Jesuit ideals.

*How does the use of the imagination help you grow in your relationship with God and with others?*

## **Saturday**

*Physical Exercise:* Walk, 10 min. Jog, 20 min. Walk, 10 min.

*Spiritual Exercise:* Spend 5 minutes reflecting on what you have learned this past week and how it relates to your own life.

*How have this week's exercises informed your awareness of the need to be for and with others?*

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## **Week 3: March 20<sup>th</sup> – March 26<sup>th</sup>**

### **Magis**

## **Sunday**

*Physical Exercise:* Brisk Walk, 30 min.

*Spiritual Exercise:* Watch this video about the Magis here: <http://www.ignatianspirituality.com/what-is-ignatian-spirituality/magis-video>

*How is your time at Loyola informed by the Magis? In what places of your Loyola experience could you grow in this ideal?*

## **Monday**

*Physical Exercise:* Walk, 10 min. Jog, 10 min. Walk, 5 min. Jog, 10 min.

*Spiritual Exercise:* Read about decision-making the Ignatian way: <http://www.ignatianspirituality.com/making-good-decisions/an-approach-to-good-choices/an-ignatian-framework-for-making-a-decision>

*How can you put these techniques to use as you discern your calling to Magis?*

## **Tuesday**

*Physical Exercise:* Walk, 10 min. Jog, 12 min. Walk, 5 min. Repeat

*Spiritual Exercise:* Read and reflect on the following words: <http://www.ignatianspirituality.com/ignatian-prayer/prayers-by-st-ignatius-and-others/prayer-for-choosing-a-state-of-life>

*How do you discern and answer God's call in your own practice of spirituality?*

## **Wednesday**

*Physical Exercise:* Rest Day

*Spiritual Exercise:* Go on a 20-minute slow & reflective nature walk

*Where in nature did you experience the grandeur of God?*

## **Thursday**

*Physical Exercise:* Walk, 10 min. Jog, 15 min. Walk, 10 min. Jog, 10 min.

*Spiritual Exercise:* Part of understanding the Magis means knowing how and when to take care of ourselves. Spend some time today to rest, taking time for yourself.

*How can we express the Magis through rest and recovery?*

## **Friday:**

*Physical Exercise:* Walk, 10 min. Jog, 25 min. Walk, 5 min. Repeat, 3 times.

*Spiritual Exercise:* Watch and reflect on this video: <https://www.youtube.com/watch?v=xNkkGtUbRHk>

*How can you bring the call to being for and with others and the call to the Magis together?*

### **Saturday**

*Physical Exercise:* Walk, 10 min. Jog, 20 min.

*Spiritual Exercise:* Spend 5 minutes reflecting on what you have learned this past week and how it relates to your own life.

*What are some areas of your life where God is calling you to the Magis?*

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## **Week 4: March 27<sup>th</sup> – April 2<sup>nd</sup> The Service of Faith and the Promotion of Justice**

### **Sunday:**

*Physical Exercise:* Brisk Walk, 40 Minutes

*Spiritual Exercise:* Read this article about social justice: <http://jesuits.org/socialjustice>

*How does the call to social justice fit into your spirituality?*

### **Monday**

*Physical Exercise:* Jog, 15 min. Walk, 5 min. Repeat

*Spiritual Exercise:* Read about these various issues that are affecting our global family:  
<http://jesuits.org/socialjustice?PAGE=DTN-20150722030041>

*How does your spirituality call you beyond yourself to your global neighbors?*

### **Tuesday**

*Physical Exercise:* Jog, 10 min. Walk, 5 min. Repeat

*Spiritual Exercise:* Read this article about economic justice and equality:  
<http://www.cesj.org/learn/definitions/defining-economic-justice-and-social-justice/>

*How does the call to social justice challenge your own lifestyle?*

### **Wednesday**

*Physical Exercise:* Rest Day

*Spiritual Exercise:* Spend 5 minutes in silent reflection

*Why is quiet contemplation an important piece of the pursuit of social justice?*

### **Thursday**

*Physical Exercise:* Walk, 10 min. Jog, 20 min. Walk, 5 min. Jog, 10 min.

*Spiritual Exercise:* Take 30 minutes and do some of your own research about issues that face your immediate community (Loyola, Baltimore). What service opportunities exist? Attempt to schedule one service experience.

*Why are the plights of even the members of our local community sometimes invisible to us?*

### **Friday**

*Physical Exercise:* Walk, 10 min. Jog, 25 min.

*Spiritual Exercise:* Take the YRSA self-guided tour of York Rd. to gain a better understanding of your local community, and how you can serve.

*Where is God calling you to serve in your own local community?*

### **Saturday**

*Physical Exercise:* Walk, 10 min. Jog, 15 min. Walk, 5 min. Repeat, 3 times.

*Spiritual Exercise:* Spend 5 minutes reflecting on what you have learned this past week and how it relates to your own life.

*Which of your gifts can be used in the service of those who suffer injustice?*

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## **Week 5: April 3<sup>rd</sup> – April 9<sup>th</sup>** **AMDG**

### **Sunday**

*Physical Exercise:* Brisk Walk, 30 min.

*Spiritual Exercise:* Read about AMDG here: <http://www.ignatianspirituality.com/22204/living-ad-majorem-dei-gloriam>

*How does living for the greater glory of God challenge your own lifestyle?*

### **Monday**

*Physical Exercise:* Walk, 10 min. Jog, 10 min. Walk, 5 min. Repeat, 3 times

*Spiritual Exercise:* Read about Finding God in All Things: <http://jesuits.org/whatwedo?PAGE=DTN-20130520124235>

*How does finding God in all things help give greater glory to God?*

### **Tuesday**

*Physical Exercise:* Walk, 10 min. Jog, 25 min.

*Spiritual Exercise:* Spend 5 minutes in silent reflection

*Consider how your everyday life might better express God's greater glory.*

### **Wednesday**

*Physical Exercise:* Brisk Walk, 30 min.

*Spiritual Exercise:* Read and reflect on the following words: <http://www.ignatianspirituality.com/ignatian-prayer/prayers-by-st-ignatius-and-others/amdg-prayer>

*How is indifference an obstacle to celebrating the greater glory of God?*

### **Thursday**

*Physical Exercise:* Walk, 10 min. Jog, 15 min.

*Spiritual Exercise:* Take some time to journal and reflect on the ways in which you can express God's greater glory through service, justice, and being for and with others.

*How does caring for God's children work for the greater glory of God?*

### **Friday**

*Physical Exercise:* Rest Day

*Spiritual Exercise:* Read about discernment of spirits here: <http://www.ignatianspirituality.com/making-good-decisions/discernment-of-spirits/introduction-to-discernment-of-spirits>

*How do the evil spirits in our lives prevent us from a living more fully for God?*

### **Saturday**

*Physical Exercise:* 5K!

*Spiritual Exercise:* Spend 5 minutes reflecting on what you have learned this past week and how it relates to your own life.

*How has this spiritual training given you a better sense of what it means to live for the greater glory of God?*