



FREE GUIDE

OPERATION SINDOOR MARATHON 2026

YOUR FIRST RACE, MADE SIMPLE.

You don't need to be a runner. You need seven days and a pair of shoes. This is the whole plan — and, at the end, a way to turn your kilometres into something that lasts.

DATE

16 August 2026

FLAG-OFF

6:00 AM

VENUE

Cubbon Park, Bengaluru

DISTANCES

5 KM · 7 KM

THE RACE

Everything you get for showing up

Two distances, one start line, and a morning built like a festival. Pick the one you'll actually enjoy — nobody is timing the 5 KM.

WHEN

**Sunday, 16 August
2026 · Independence
Day weekend**

FLAG-OFF

6:00 AM sharp

WHERE

**Cubbon Park,
Bengaluru**

5 KM

THE PEOPLE'S RUN

₹1,500 ~~₹2,000~~

Walk it, jog it, finish it. No time limit, no pressure.

- All goodies & festival access
- Finisher T-shirt
- Kids under 11 join free

7 KM

THE REAL CHALLENGE

₹2,000 ~~₹2,500~~

Chip-timed, with a shot at a first-50 medal.

- Everything in the 5 KM
- Chip timing
- First 50 finishers get a medal

MOST POPULAR

In every runner's bag



Finisher T-shirt



Hot breakfast



Fresh juice



ORS + water



Ayurvedic
plant



Pottery booth



Snacks



After-run DJ



Warm-up +
cooldown



Chief-guest
address



Kids play area



Gaming zone



Medical
check-up



First-aid centre

Kids run free.

Under 11, with a registered adult.

First 50 finishers.

Medal on the 7 KM, chip-timed.

First 50 to register.

A ₹2,000 Decathlon coupon.

THE PLAN

The 7-day couch-to-finish plan

Three easy sessions, three rest days, then the start line. Walk whenever you want to — finishing is the only target. Tick the box each day you get out the door.

DAY	THE SESSION	DONE
Day 1	Walk 10 min, then alternate 1 min easy jog / 2 min walk × 6. Today is only about starting. Slow is not just fine — it's the plan.	☐
Day 2	Rest, or a 20-minute brisk walk if you feel good. Rest days are training. This is when your legs actually adapt.	☐
Day 3	2 min jog / 1 min walk × 6. Breathe through your nose. If you can't hold a conversation, slow down.	☐
Day 4	Rest. A 15-minute easy walk, nothing more. Wear the shoes and socks you'll race in, so you find any rubbing now.	☐
Day 5	20 min easy, walking whenever you want to. Your dress rehearsal — same time of day as flag-off if you can.	☐
Day 6	Rest completely. Legs up. Lay out your kit, pin your bib, set two alarms. Nothing new from here.	☐
Day 7	Race day. Start slower than feels right. You've already done the hard part. Today is the celebration.	☐



ONE WEEK FROM NOW, THIS IS THE LAST 200 METRES — AND YOU WILL ALREADY KNOW YOU CAN DO IT.

If you already run

- Keep your usual week — just make days 6 and 7 easy.
- One 7 KM at race pace on day 3, then nothing hard after that.
- Chip timing is on the 7 KM — line up near the front.

If you miss a day

- Don't stack it onto the next one. Skip it and carry on.
- Short on days? Day 1, day 3 and day 5 alone still get you round.
- Sore is fine. Sharp pain is not — rest, and walk the race.

The night before, and the morning of

Nothing new on race day — not shoes, not food, not a plan. Everything below is meant to be boring, because boring is what finishing feels like.

The night before

- ☐ Pin the bib to the shirt you'll wear — four safety pins, corners only
- ☐ Lay out shoes, socks, shirt, shorts and cap by the door
- ☐ Screenshot your QR e-ticket in case there's no signal
- ☐ Fill your water bottle and put it in the fridge
- ☐ Set two alarms. Sleep is the last bit of training you'll do

What to bring

- ☐ The shoes + socks you trained in — never brand-new ones
- ☐ Your bib, pinned the night before
- ☐ A light breakfast 90 minutes before: banana, toast, or poha
- ☐ A filled water bottle for before the start
- ☐ Sunscreen, a cap, and a phone for photos
- ☐ Your QR e-ticket (screenshot it)

Race morning, step by step

1. Wake early enough to eat and use the washroom without rushing
2. Arrive 45 minutes before flag-off — parking and bib queues take time
3. Warm up 5 minutes: ankle circles, leg swings, a slow 2-min jog
4. Start slower than feels right — you'll thank yourself at halfway
5. Walk the water stations — drink, don't gulp
6. Smile at the finish line. Someone will be photographing it.

RUN SAFE

Walk whenever you want to.

Walking is not failure. Every plan above has walk breaks built in — using more of them is fine.

Drink to thirst, not to a schedule.

Sip at each station. Gulping a litre at once does more harm than good.

Stop if any of this happens.

Chest pain or tightness, dizziness, a headache that won't shift, or you stop sweating in the heat. Walk to the nearest marshal — there is one every 500 m.

Tell a doctor first if you should.

Heart trouble, uncontrolled BP or diabetes, pregnancy, a recent surgery, or you're over 45 and new to exercise — get a nod from your doctor before day 1.

WHY WE REALLY RUN

The finish line is not the end of it.

On 22 April 2025, families in Pahalgam lost the people who provided for them. Missiles answered across the border in Operation Sindoor — but the empty chair at the dinner table stayed empty.

Money helps for a month. A **skill** helps for a lifetime. The most lasting thing any of us can give these families is the ability to stand on their own — and the most lasting thing you can do is learn something worth passing on.

01 Learn a skill you can teach.

Tailoring, computers, spoken English, baking, book-keeping, a trade. Anything you can sit beside someone and pass on.

02 Give a widow or child a few hours.

Through Sarvoyada's training programme, mentor one family member until they can earn from it themselves.

03 Or fund a full self-reliance grant.

Skills, tools and seed capital so a young widow can start earning — one family, standing tall again.

THEY GAVE THEIR TOMORROWS SO WE COULD KEEP OUR TODAYS.
RUN SO THEIR FAMILIES CAN STAND TALL.

Sarvoyada Foundation · Operation Sindoor Marathon 2026 · you are never forgotten.

One week from now, **you'll have done it.**

Only 500 spots, and the first 50 registrations take home a ₹2,000
Decathlon coupon. Scan to pick your distance.



marathon.newupdate.org

5 KM

₹1,500

7 KM

₹2,000



A Sarvoyada Foundation initiative · Sunday, 16 August 2026 · Independence Day weekend
Cubbon Park, Bengaluru