

# From the Couch to a 5K Run/Walk!



## The Couch to 5K® Running/jogging/walking Plan

Get off the couch and begin to jog/run /walk with our Couch-to-5K program.

Too many people have been turned off of exercising simply by trying to start off too fast. Their bodies rebel, and they wind up miserable, wondering why anyone would possibly want to do this to themselves.

You should ease into a walking/running program gradually. In fact, the beginners' program we outline here is less of a running regimen than a walking and jogging program. The idea is to transform you from couch potato to walker or runner, getting you moving three miles (or 5K) on a regular basis in just 9 weeks.

Using CoolRunning.com's Couch To 5K program we introduce people to jogging and getting fit. The program gradually moves you from walking at your own pace to jogging at your own pace. See workout plan at: [http://www.coolrunning.com/engine/2/2\\_3/181.shtml](http://www.coolrunning.com/engine/2/2_3/181.shtml) Or select the walking program, increasing your time and distance weekly.

**FREE 9-week program to get you from the couch to run/walk a 5K (3.1 miles) beginning MONDAY, April 2, 2018 at Cairo Town Park.**

**Choose 3 of 4 group training times:** Mondays, Tuesdays, Wednesdays & Thursdays, all at 6 pm (We are also planning 3-4 easy to moderate Sat. hikes around Greene County – stay tuned for further information)

- Anyone from the community can participate
- Led by experienced runners/walkers
- Three 20-60 minute training sessions a week (time increases each week)
- Goal of finishing the RACE TO READ 5K RUN/WALK held in Cairo (benefits the Cairo-Durham Imagination Library Program) on Saturday, June 2, 2018

JOIN THE COUCH TO 5K GROUP ON FACEBOOK

Encourage those you love to get “off the couch” and join you in exercising. Come have some fun! Bring a water bottle and join the group!

-----Tear Off and email info-----

**Check with your doctor before starting any fitness program to ensure that you're healthy enough for exercise** Email info: [vhnelson@gmail.com](mailto:vhnelson@gmail.com) or mail Resurrection Lutheran Church PO Box 563 Cairo, NY 12413

Name: \_\_\_\_\_ Walk \_\_\_\_\_ or Run/Jog \_\_\_\_\_

Email: \_\_\_\_\_ Best phone or text number \_\_\_\_\_