



BEGINNING RUNNERS WANTED!!

Couch to 5K is a nine (9) week program to get newbies up and running in time for the Saginaw Chamber's Run the Rails 5K on Saturday, June 3rd. No running experience or fitness level required. All you need is a pair of tennis shoes and the desire to have some fun!

Start Date: March 27, 2017 (every Monday for 9 weeks)

Start time: 6:00 PM – 7:00 PM

Location: Saginaw Recreation Center, 633 West McLeroy Blvd.

Additional Information: Contact Janice Tims at 817-929-6097

WHAT YOUR TRAINING WILL LOOK LIKE:

- WEEK 1 DAY 1: TOTAL OF 30 MIN.
- Brisk 5-minute warmup walk
- Alternate 1 minute of jogging and 1 ½ minutes of walking for a total of 20 minutes

Group Training and Informational Meetings Schedule:

March 27th: - General Information - Start Training

April 3rd – Nutritional Information

April 10th – Train Together

April 17th – Free Shoe Fitting

April 24th – Train Together

May 1st – Preventing Injury Information

May 8th – Train Together

May 15th – Tips On Finishing Your Race

May 22nd – Train Together/Meal Together??

May 29th – Rest Take It Easy Before Race Day on June 3rd!!!!

