



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

New Year – New You! Couch-to-5k Training Program



Whether your resolution is to run your first 5k or improve your running technique in your latest 5k, our trainers can help you do just that with the Couch-to-5k (C25K) Training Program! In a small group setting, you will progress through the 12 week program increasing your running stamina, increasing strength and flexibility, and learning about hot topics associated with preparing for Race Day, such as progression of training, nutrition, and ideal performance gear.

Session 1: Tuesday & Friday 8:30am – 9:30am

Session 2: Monday & Wednesday 6:30pm – 7:30pm

Sessions start Monday, **January 26**, 2015 and end Friday, **April 17**, 2015

Training Program Price: \$75

Egg Run 5k Race Early Bird Registration Price: \$20

Sessions limited to 8 people. Registration Deadline: **February 2, 2015**