



Couch to 5K Training Program Schedule

How to achieve your goals:

- Define it
- Want it
- Believe it
- Write it down
- Split it up
- Review it
- SCHEDULE IT**
- Do it

LET US HELP YOU STAY ON TRACK TO REACHING YOUR 5K FUN RUN AND WALK CHALLENGE GOAL! JOIN A COUCH TO 5K TRAINING GROUP! YOUR COACH WILL HOST A GROUP MEETING ONCE A WEEK FROM MONDAY, MARCH 20, TO SUNDAY, JUNE 12, 2017. ATTEND AS MANY AS YOU DESIRE FOR THE SUPPORT YOU NEED TO REACH THE GOAL!!

Choose the session that best works with your schedule and ability. During the first meeting, you will meet your coach and receive training tips, a flexible beginner training schedule and information about weekly meetings. **BE PREPARED TO START YOUR TRAINING ON THE FIRST DAY.**

GROUP ACTIVITY LEVEL	DAY (STARTING MARCH 21)	TIME	LOCATION	COACH
WALK	TUESDAY	11AM	127 E. STATE ST, GLOVERSVILLE, GYMNASIUM	FRAN SCHNEIDER
RUN/RUN WALK	TUESDAY	12PM	465 N. PERRY ST JOHNSTOWN LOBBY BY TRAINING CENTER	TONI PERSCH TRES NOLETT
WALK MOSTLY/SOME RUNNING	WEDNESDAY	4:30PM	465 N. PERRY ST JOHNSTOWN LOBBY BY TRAINING CENTER	NED HIRT
WALK/RUN WALK/RUN	THURSDAY	4PM	127 E. STATE ST, GLOVERSVILLE GYMNASIUM	RENE DUTCHER MICHELLE PERVEA

TRAINING FOR WESTERN FULTON COUNTY TO BE ANNOUNCED. IF YOU ARE AN EMPLOYEE IN THE ALBANY AREA INTERESTED IN A 5K TRAINING SESSION, PLEASE CONTACT JIM YANNO AT (518) 218- 7310 X306.

**If you have not participated in a regular exercise routine before, it is important that you check with your doctor before training.*

If it is unreasonably difficult for you to meet the requirements of the Challenge because of a medical condition, contact us at perveam@lexcenter.org and we will work with you to develop another way to qualify for these prizes.