



## 2018 Couch to 5K Training Program

**How to achieve your goals:**

**Define it**

**Want it**

**Believe it**

**Write it down**

**Split it up**

**Review it**

**SCHEDULE IT**

**Do it**

Whether you just want to get in shape for the summer or would like to walk or run in your first 5K, we are here to help!

### Join Lexington's Couch to 5K Training Program!

**YOUR COACH WILL HOST A GROUP MEETING at least ONCE A WEEK FROM Monday, April 2 to Friday, June 8.** They will provide you with training tips and a schedule to help keep you on track. Choose the session that best works with your schedule or attend all sessions each week. Be prepared to start training the first week.

DAY	TIME	LOCATION	COACH
TUESDAY (STARTS APRIL 3)	12NOON	465 N. PERRY ST TRAINING CENTER	TONI PERSCH
WEDNESDAY (STARTS APRIL 4)	5PM	127 E. STATE ST GYMNASIUM	JEAN GINTER
THURSDAY (STARTS APRIL 5)	3:30PM	127 E. STATE ST GYMNASIUM	MICHELLE PERVEA

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

*If you have any questions, please do not hesitate to contact Michelle Peryea at (518) 775-5420 or via email at [peryeam@thearclexington.org](mailto:peryeam@thearclexington.org).*