



Get off the couch and onto the road with our Couch-to-5K program for beginners.

Cost: Team Lean participants – Included in Team Lean
Non Team Lean Participants - \$15
No limit to the number of participants

Location: Remington Park: D-Complex

What you will need: Good pair of running shoes, socks and comfortable running attire (when choosing attire plan on it being 10-15 degrees warmer to your body after you have started running) If there are any concerns if you are physically able to participate you may need to check with your personal physician.

All who finish the Couch to 5K program and complete the 5K run will receive a T-Shirt!

For more information:
Couch 25K Coach – Cliff Heard
cheard@ymca-thomasville.org
(229) 226-0133 Ext. 127

Schedule on back

2020 Couch to 5K
Workouts will be Monday, Wednesday and Friday
Time: 5:30pm

Week 1 – January 13, 15, 17 – get homework for 1/20/20

Week 2 – January No workout on 1/20, Workouts on 22, 24

Week 3 – January 27, 29, 31

Week 4 – February 3, 5, 7

Week 5 – February 10, 12, 14

Week 6 – February 17, 19, 21

Week 7 – February 24, 26, 28

Week 8 – March 2, 4, 6

Week 9 – March 9 – Last workout

Thursday March 11th is the 5K run at Lake Cherokee. The 5K run will be held at 5:30pm. All who finish the Couch 2 5K Program and the 5K run will receive a T-Shirt.