



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

**Workouts will be Monday, Wednesday and Friday
Time: 5:30pm**

**You must attend and participate in 18 of the 22 workouts
from January 14th to March 6th to earn your Team Lean
Advantage Pounds.**

Week 1 – January 14, 16, 18

Week 2 – January No workout on 1/21, Workouts on 23, 25

Week 3 – January 28, 30, February 1

Week 4 – February 4, 6, 8

Week 5 – February 11, 13, 15

Week 6 – February 18, 20, 22

Week 7 – February 25, 27, March 1

**Week 8 – March 4, 6, 8 – Pounds awarded after 3/6/19
workout. Must make 18 of 22 workouts to earn advantage lbs.**

Week 9 – March 11 – Last workout

**Wednesday March 13 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.**