

Couch to 5K Program

Program Description

C25K is the common name for various 9-12 week introductory running programs, involving alternating intervals of running and walking. Over the course of the program, we'll run more and walk less. We will meet three times per week for about 30 minutes each time. Two sessions will be the standard run/walk intervals. The third session will feature some run/walk intervals, but we'll also do some leg, balance, and core strength exercises. At the end of the program, you'll be ready to conquer a 5K (3.1 mile) road race!

For those uncertain whether they're ready to launch into the program itself, we may hold an additional two-week intro session. This is dependent on whether there is sufficient interest, so be sure to mention that when you enroll! This will feature some run/walk intervals and some strength exercises.

Expectations

Most C25K programs assume that during the "run" portions, you'll follow about a 10 minute per mile pace. While this is a great goal pace, we will adjust to the speed level of the group. As time goes on, we may split into a few different pace groups. But no one will be alone – no runners left behind! We will use the Doniphan County Courthouse square for most, if not all, of our sessions. One full "square" is about ¼ mile.

While Margaret will provide general advice on running, fitness, and health, it is up to YOU to know your limits and to slow down or take a break if needed. By participating, you are agreeing that you have been deemed fit to engage in moderate physical activity. We assume no responsibility or liability for participants.

What to bring

Wear comfortable clothing (avoid cotton – it's not great for exercise!) and decent athletic shoes. Consider a hat or sunglasses and sunscreen. And bring a water bottle!

Schedule

Race day is Wednesday July 4! We will finish with the Troy Lions Club 4th of July 5K.

Training sessions will be held Mondays, Wednesdays, and Fridays from May 2 through July 2. We will meet on the east side of the Doniphan County Courthouse building (by the Extension office) and will work out from 12:15-12:45pm.

- Margaret is out of town May 23 and 28, and June 22 and 25, so we will not meet.
- The last two sessions before the race (June 29 and July 2) we may start a little bit early or go a bit long, to make sure we cover 3 full miles!

Inclement Weather Policy

It will be getting HOT by the time we are finishing the program! If there is a heat advisory in effect, we will not meet officially, but you are encouraged to follow the program on your own time when it's not so nasty out! We will meet if it's raining, but not if there's a thunderstorm, or tornado warning, etc.

If you have any questions or concerns, contact Margaret:

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