

COUCH TO 5K PROGRAM

Mon/Wed/Fri
May 2 – July 4
12:15-12:45pm

Doniphan County Courthouse
(meet on east side by Extension)

Wish you were a bit more active?

Dream of running races, but not sure how to start?

Want some extra motivation and company while you work out?

Doniphan County Extension is organizing a **Couch to 5K program** that prepares you to complete the Troy Lions Club 4th of July 5k race this summer!

The group will meet three times per week over the noon hour, for about 30 minutes per session. The program will run from early May through July 4.

For those who are unsure about their ability to run or jog, a two-week “prep session” will be offered to go over some basic exercises and help you assess your capabilities.

Grab a water bottle, some athletic shoes, and join in!

FAQs

Do I need to be fit or already a runner?

No way! The program assumes you are healthy and capable of doing moderate physical activity, but you do not need to be already very active. If there is sufficient interest, we will hold a two-week “intro” session (April 18–May 1) – be sure to let us know if you’re interested!

I don’t think I can run fast enough!

Not to worry! We will adjust pace for everyone in the group. The program assumes a roughly 10 min/mile running pace, but it’s perfectly fine if you’re not there yet!

What is the program like?

We will meet three times per week for about 30 minutes. Two of the sessions will involve intervals of running and walking: over time, we’ll run more and walk less. One session will feature some leg-strengthening work as well as a bit of running/walking.

Contact Margaret Chamas for more information and to sign up!

(785) 985-3623

mchamas@ksu.edu

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