



Couch to 5K

"Let me help you get to the finish line!"



My couch to 5K is for those who have always wanted to run in or complete a 5K, but didn't know where to start, as well as for those who need the encouragement to get back in the game.

When and where

- Program runs from April 4th - June 3rd
- Meet 3x per week at Dellinger Park with five available times per week
Monday and Thursday at 5:30PM
Tuesday and Friday at 7:30AM; Saturday at 8AM

What you get

- 9 weeks of training, 3x a week
- Training log
- Taught proper technique for warm-up, cooldown and nutrition
- Yoga mat for stretching

\$115 registration (does not include race fee for the 5K at the end)

770-881-3256

www.sjdhealthandfitness.com

SJD HEALTH AND FITNESS
a personal trainer, keeping the person in mind

www.georgiapersonaltrainer.com