COUCH TO 5K:
Fitness Program

A program designed to help train any student to run a 5K

Couch to 5K is a program that will help students train to run a 5K, no matter what your current exercise habits are. This workshop will meet every Monday at 5pm in the recreation center lobby leading up to the City Six 5K. The first workshop will be Monday, September 23rd. Each session a certified personal trainer will go over your week's workouts with you, and discuss any potential barriers you might face. The second half of each session will consist of a group workout following the couch to 5K training plan for that day.

IMPORTANT INFO:

The first session will be Tuesday, September 24th

Sessions will take place every Tuesday at 5pm in the Recreation Center until the City Six 5K on Saturday, November 2nd, 2013.

This program is free for students of Drexel University.

Each participant has the chance to have their fee waived for the City 6 5K.

To register contact Kathryn Formica, Coordinator of Student Fitness and Wellness
kaf342@drexel.edu, or 215.571.4555

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drexel.edu/recathletics

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