



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 September 12th - November 19th
- Meet 3x per week at Dellinger Park
Monday and Thursday at 5:30PM and
Saturday at 9:15AM

What you get

- 10 weeks of training, 3x a week
- Training log
- Taught proper technique for warm-up, cooldown and nutrition
- T-shirt

\$125 registration

(does not include race fee for the United Way Turkey Trot 5K at the end)

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