



# Couch to 5K

10-Week Training Program

Training: Wednesday @ 6:00 P.M.

Saturday @ 8 A.M.

Goal Race: New Haven 5K

Presented By:



The Couch to 5K program is designed for beginners but is open to all skill levels. Our 10-Week program will get you to cross the finish line at the New Haven 5K.

We will meet twice a week, Wednesday evenings @ 6:00 P.M. and optional Saturday mornings @ 8:00 A.M. To sign up or for additional information please visit [www.PeakPerformanceRunner.com](http://www.PeakPerformanceRunner.com) or our Facebook page @ [Peak Performance Runner](#)

Informational Meeting: May 15th @ 6:00 P.M. @ 3 Rivers Running Company  
Start Date: May 22nd @ 6:00 P.M.  
Goal: New Haven 5K - July 27th @ 7:30 A.M.

