

Strides



5K Training Program

Fun • Effective • Inspiring

Kick-off Meeting: Friday, June 8 at 5:30 p.m. – Michigan Room, AGH

The Strides for Health 5K training program is a great way to train for our 5K on Saturday, August 18! We welcome all levels of runners and walkers.

Throughout the 10 week program, participants will be given the opportunity to attend informational meetings on proper footwear, nutrition, strength and conditioning for both runners and walkers. A group run and walk will also take place each week beginning Wednesday, June 13 at 6:00 p.m. to help encourage and motivate participants during the program.

Additionally, a training schedule will be provided to each participant. The schedule includes information on the type of training and amount of time a participant should spend each day (whether they are walking or running) training for the 5K.

The cost of the program is \$10. For participants who take part in 70% of the group walk/runs, the \$10 will be applied to their Strides for Health 5K registration fee. The weekly group meets will take place at the Allegan General Hospital Physical Rehabilitation Center.

For more information on the Strides for Health 5K Training program, contact Katie Homkes at 686-4074 or Natale Elenbaas at 686-4082.



StridesforHealth.com



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