



# READY TO RUN

## 5K TRAINING PROGRAM

**Mondays**

**April 3–May 8**

**5:15–6:15 PM | LaPlata Beach**

Join RecWell Fitness for this 6-week 5K ready program. RecWell personal trainers will coach you on running technique, stretching, speed/ endurance training and more. Each running workout will cover a different topic area. At the end of the 6 week program you'll run a 5K throughout University Golf Course.

*No pre-registration required.*



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