



Couch to 5K Program

Welcome to our program! *RunnersWorld Tulsa* will give you the structure and discipline to successfully incorporate distance running and walking into your lifestyle. Our approach is proven, realistic, challenging and fun. Train for a 5K or simply improve your overall fitness. We will be gearing up for the St. Patrick's Day 5K March 13.

Program Includes:

- Weekly training schedules for Spring 2010
- Training schedules for walkers, and first time runners and beginner runners.
- Committed coach and run leader.
- Group runs.
- Special informative seminars covering topics from nutrition to injuries and prevention.
- Weekly informative e-mails.

We send out a lot of information by e-mail, so be sure to check it regularly. For more information check out our website www.runnersworldtulsa.com

Group runs:

The first group run and kick-off party will be:

Saturday, January 12 at 9AM. We will meet at Veterans Park, 21ST and Boulder.

Weekday group runs will be at RunnersWorld on

Tuesday - at 5:30 PM. and

Thursday - at 5:30 PM

Saturday's - We will meet at Veterans Park at 9AM.

For more information contact coach Kathy:
918-749-7557 or e-mail us at:
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