



\*\*\*\*\*FROM COUCH POTATO TO 5K IN 8 WEEKS\*\*\*\*\*

### A NEW COURSE FOR NOVICE/BEGINNING RUNNERS

Certified Physical Fitness Instructor Greg Mead will take you through an 8 week program that, if followed, will get you ready to run a 5K in 8 weeks.

A combination of physical training, motivational insights, dietary guidance, interval training will get the novice runner ready to successfully participate in a 5K.

Registration will begin in April.

Training will begin in June.

Contact: Hanover Township Recreation for more information.

(973) 428-2463