**Couch to 5K Running Calendar**

The Couch to 5K running plan involves 3 workouts each week. Workout 1 and Workout 2 (see entire running plan) are on your own, but you are encouraged to meet with us at the following dates and times to do Workout 3 of that week. We meet at 8:00am with runs promptly beginning at 8:05am. We will do a brief stretching routine when we return to the library. An informational program will follow each run.

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| **Saturday** | **8:00am** | **April 5** | Introductions, question & answer – no running today! |
| **Saturday** | **8:00am** | **April 12** | Brisk 5-minute warmup walk  Alternate:  60 seconds jogging / 90 seconds walking  Cool-down walk back to the library |
| **Saturday** | **8:00am** | **April 19** | Brisk 5-minute warmup walk  Alternate:  90 seconds jogging / 2 minutes walking  Cool-down walk back to the library |
| **Saturday** | **8:00am** | **April 26** | Brisk 5-minute warmup walk  Two reps of the following:  Jog 90 sec / Walk 90 sec / Jog 3 min / Walk 3 min  Cool-down walk back to the library |
| **Saturday** | **8:00am** | **May 3** | Brisk 5-minute warmup walk   * Jog 3 minutes * Walk 90 seconds * Jog 5 minutes * Walk 2 ½ minutes * Jog 3 minutes * Walk 90 seconds * Jog 5 minutes   Cool-down walk back to the library |
| **Saturday** | **8:00am** | **May 10** | Brisk 5-minute warmup walk   * Jog 20 minutes with no walking   Cool-down walk back to the library |
| **Saturday** | **8:00am** | **May 17** | Brisk 5-minute warmup walk   * Jog 22 minutes with no walking   Cool-down walk back to the library |
| **Saturday** | **8:00am** | **May 24** | Brisk 5-minute warmup walk   * Jog 25 minutes with no walking   Cool-down walk back to the library |
| **Saturday** | **8:00am** | **May 31** | Brisk 5-minute warmup walk   * Jog 28 minutes with no walking   Cool-down walk back to the library |
| **Saturday** | **8:00am** | **June 7** | Brisk 5-minute warmup walk   * Jog 30 minutes with no walking   Cool-down walk back to the library |

Rules of the Road:

* The Hays Public Library is not responsible for accidents. We suggest getting your doctor’s approval before starting any exercise program.
* Runs begin promptly at 8:05am. Please be prompt so that we can get started and return at the expected time.
* Bring your own water supply if desired. Runs are short enough you should not need too many fluids during the run, but re-hydration after the run is important.
* For the safety of everyone involved, do not use headphones during the run.
* Do not run more than two abreast on the road.
* Yield to others using the sidewalk.
* Be aware of the language you are using while on the run.
* Be respectful of other runners, pedestrians, drivers.
* Obey all traffic signs and signals.
* Do not bring pets or wheels (strollers, skateboards, rollerblades, etc.) on the run.
* If you are under 18, you must be accompanied by a parent / guardian / responsible adult.

Complete Waiver (you will sign this at each run):

*I know that running in and volunteering for organized group runs, social events, and races with this group are potentially hazardous activities, which could cause injury or death.*

*I will not participate in any organized events, group training runs or social events, unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform all activities associated with the group and am in good health, and I am properly trained.*

*I agree to abide by all rules established by the group , including the right of any official to deny or suspend my participation for any reason whatsoever.*

*I attest that I have read the rules of the group agree to abide by them.  I assume all risks associated with being a member of this group and participating in group activities which may include: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me.*

*I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and personal music players are not allowed to be used in group organized activities and I agree to abide by this rule.*

*Having read this waiver and knowing these facts and in consideration of your accepting my membership, I, for myself and anyone entitled to act on my behalf, waive and release the Hays Public Library and the city of Hays, all group sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation with the group, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.*

*I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record for any legitimate promotional purposes for the group.*