



Curve Lake's Spring Couch to 5K



What is couch to 5K?

We follow the Couch to 5K running plan to go from couch to your very first 5K. Follow this beginner 5K training plan schedule and sign up for a 5K run.

You don't have to be an expert! We will help you work towards your goal!

Once the training is complete the group will participate in a 5K run!

Last year with the help of GRF, the group participated in two Color Run events in Kingston & Montreal

We can't wait to see what this year has in store for us!

Come out and have some fun while getting active!

The spring couch to 5K is slated to begin April 24th.

This will prepare the group for a 5K run in June

We will be starting each training session from the Cenotaph on Monday, Wednesday's at 5:00PM & Friday's at 12:00PM Each week!

No Need to Sign up, just show up!

If you would like more information please contact Steve at the Health Centre

(705) 657-2557 Or Mindy (CARA) at (705) 657-3432