



COUCH TO 5K TRAINING PROGRAM

Schuster Physical Therapy (SPT) is proud to sponsor a **Couch to 5K training program (C25K)**. This is a **6-week progressive training program** with the goal of helping individuals go from inactivity to completing a 5K race. The program will safely progress each week, starting with timed walks and culminating with the **New River 5K on FRIDAY May 17th, 2025**. <https://newrivermarathon.com/> **Participants do not need to have any previous running/walking or racing experience – this program is designed with beginners in mind!**

We will have supervised group sessions **weekly** and Schuster Physical Therapy staff will be available throughout this training to assist participants with reaching their fitness goals. Participants will be given a training schedule and can opt to train on their own or with others. Participants will be expected to train about 3-4 times per week with their group or individually.

PROGRAM COST

The cost for the **Couch to 5K training program** is **\$30** which includes:

- 6 weeks training program – **training will start April 6, 2025**.
- Training tips
- Group walks/runs with Schuster Physical Therapy therapist or staff present
- Coaching & physical therapy advice throughout training
- SPT C25K t-shirt

If you would like to participate in the 5k at the end of the training (which is highly encouraged), the entry fee for the **New River 5K** is **\$25**. This is a discounted price for those participating in the SPT Couch to 5K training program. SPT will provide a discount code for race registration after sign-up for the SPT C25K program. You can sign up for the New River 5k at: <https://newrivermarathon.com/>

REGISTRATION

Fill out the registration form for the **C25K Training Program** and mail to (Schuster Physical Therapy PO Box 742, Jefferson, NC 28640) or drop by **SCHUSTER PHYSICAL THERAPY** at 419 East Main Street, Jefferson NC 28640. Checks should be payable to: **SCHUSTER PHYSICAL THERAPY**. **Payment and registration for the Training Program must be received on or before April 1, 2025.**

Questions? Contact Schuster Physical Therapy at 336.846.7227 or info@schusterpt.com

