



2017 Couch to 5K Healthy Living Initiative

The Program:

Arkansas Blue Cross and Blue Shield is partnering with the Spa Running Festival to offer a 10-week **Couch to 5K (C25K)** healthy living initiative to help *INSURE* participants can reach the finish line on November 18, 2017 and to promote a happy and healthy lifestyle. The C25K program is a part of the Spa Pacer's Pace for the Race Training Clinic leading up to the Spa Running Festival.

The Clinic:

The Pace for the Race/C25K clinic meets every Tuesday and Thursday starting September 12th through November 16th, 2017. Beginning at 5:45 pm at the Transportation Depot located at 100 Broadway Terrace, Hot Springs National Park, the team leaders will help train you in your goal to complete the race distance of your choice (5k, 10k, or Half Marathon). There will be informational sessions on safety, nutrition, exercising, injury prevention, proper gear selection, and most importantly, running!

How It Works:

1. Sign-up for the free 10-week C25K SRF Training Clinic **by September 19th**. The program is open to participants in any of the training clinic groups (Half Marathon and 10K), not just the 5K. (To sign-up go to, www.sparunningfestival.com > race information > race registration)
2. Choose a Spa Running Festival event (5k, 10K, Summit² Challenge Half Marathon) to complete and sign-up for that event (www.sparunningfestival.com) by November 16.
3. Complete the various specified tasks tied to the healthy living initiative and review these weekly with your clinic training group leader.
4. Accumulate **100** points to earn your Blue Cross Blue Shield C25K IN-TRAINING shirt. Once you reach 100 points, turn your C25K Weekly Activity Report in at the clinic to be awarded your shirt.

5. Complete your event on Race Day. Celebrate your accomplishment and continue the path you've made toward a healthy lifestyle!

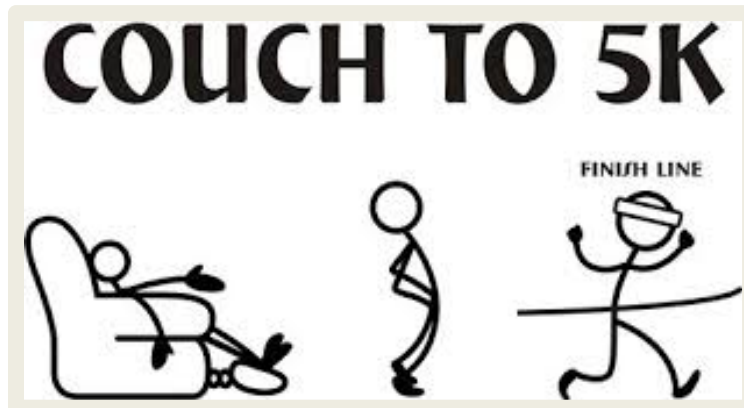
Ways to Score Points:

Weekly Mileage: Run or walk to earn **1 point** for each mile traveled. All mileage counts and you are encouraged to run with the training clinic, at any of the Spa Pacers organized runs, or on your own. (unlimited points possible)

http://www.arspacers.com/Weekly_Group_Runs.html

C25K Training Clinic: Commitment, accountability, consistency and knowledge are major factors in developing the lifestyle adjustment needed to become healthier. The C25K clinic will offer more than just a group to run with. We will have subject matter experts and guest speakers guide you through total health topics such as nutrition, exercise, and injury prevention, etc. Earn **2 points** for each clinic you attend. (40 points possible)

Weekly Challenge: Complete the various weekly challenges that start_s over each Tuesday at the clinic. Earn 1 point per day that you complete the challenge. Challenges outlined on page 3. (70 points possible)



Name: Event: 5K 10K Half	Weekly Mileage (1 point per mile)	Attend C25K Clinic (2 Points each clinic)	Weekly-Challenge (1 point per day)	Weekly Total
September 11 th -17 th			Run a timed mile as fast as you can and record time here.	
September 17 th -23 rd			Drink 64 ounces of water per day.	
September 24 th -30 th			Do 10 pushups, 20 squats, 30 lunges, 40 crunches, 50 Jumping Jacks per day.	
October 1 st -7 th			No drinks that have sugar in them - all week.	
October 8 th -14 th			Climb to the top of West, North, Hot Springs Mountain..on a trail.	
October 15 th -21 st			Limit sodium intake to less than 230mg a day – read labels -all week	
October 22 nd -28 th			Run with a Spa Pacers weekly run... outside of the clinic.	
October 29 th -November 4 th			Complete an instructor led fitness class -in a gym – online - DVD.	
November 5 th - 11 th			No junk food.	
November 12 th – 16 th			Run the same timed mile as in week one.	
November 18 th RACE DAY!				Grand Total

Pace for the Race Training Clinic

Blue Cross Blue Shield C25K In Training Shirt

