




WCRC Walk to 5k



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 11	12	13	14	15 ** Optional workout On Thursdays Complete optional workout or take a day off to rest	16	November 17, 2018 Walk 10 mins Alternate between walking and running for 2 mins for 10 mins Cool down – Walk 10 mins
18	19 Walk 10 mins Alternate Run 2 mins and walk 2 mins Walk 10 mins	20	21 Walk 10 mins Alternate Run 3 mins and walk 2 mins for 10 mins Walk 10 mins	22 **Walk 30 mins	23	24 Walk 8 mins 14 mins (Alternate Run 4 mins and walk 2 mins) Walk 8 mins
25	26 Walk 8 mins Run 5 mins Walk 2 mins Run 4 mins Walk 2 mins Run 4 mins Walk 5 mins	27	28 Walk 5 mins Run 5 mins Walk 2 mins Run 5 mins Walk 2 mins Run 5 mins Walk 7 mins	29 **Walk 30 mins	30	December 1, 2018 Walk 5 mins Run 6 mins Walk 2 mins Run 6 mins Walk 2 mins Run 6 mins Walk 5 mins
2	3 Walk 5 mins Run 6 mins Walk 2 mins Run 6 mins Walk 2 mins Run 6 mins Walk 5 mins	4	5 Walk 5 mins Run 7 mins Walk 2 mins Run 6 mins Walk 2 mins Run 6 mins Walk 5 mins	6 **Walk 30 mins	7	8 Walk 5 mins Run 8 mins Walk until rested Run 8 mins Walk 5 mins

9 Santa Toy Trot 2 Miler 9am Merrimac, MA Run 10 mins, walk until rested Run 10mins	10 Rest	11	12 Walk 5mins, Run 10 mins, walk until rested Run 10 mins walk 5 mins	13 **Walk 30 mins, Or repeat yesterday's workout	14	15 Walk 5 mins Run 12 mins Walk until rested Run 12 mins Walk 5 mins
16	17 Walk 5 mins Run 15 mins Walk until rested Run 10 mins Walk 5 mins	18	19 Walk 5 mins Run 18 mins Walk until rested Run 8 mins Walk 5 mins	20 **Walk 30 mins Or repeat yesterday's workout	21	22 Walk 5 mins Run 20 mins Walk 5 mins
23	24 Walk 5 mins Run 24 mins Walk 5 mins	25	26 Walk 5 mins Run 27 mins Walk 5 mins	27 **Walk 30 mins or repeat yesterday's workout	28	29 Walk 5 mins Run 30 mins Walk 5 mins
30	31	January 1, 2019 Hangover Classic 5k				

Overview

Meeting Saturdays at 9 am, November 17, 2018 – December 29, 2018.
Cashman Park, 202 Merrimack Street, Newburyport, MA.

All exercises are designed to be completed in under 45mins.
Don't skip the walking at the beginning and end of this program, as it warms up and cools down the muscles, decreasing risk of injury.

Winner's Circle Running Club

The Winner's Circle Running Club (WCRC) is a non-profit group. WCRC mission includes promoting the sport of running at all levels. See RunTheCircle.org for more information about membership, training, races, and group runs.

For more information contact Laurie - Membership@runthecircle.org

Waiver: By accepting this plan, I hereby for myself, my heirs, executors and administrators waive any and all rights and claims for damages I may have, as a result of participating in this event, against the Winner's Circle Running Club and all other sponsors, contributors, organizers and volunteers of this event. I attest that I am physically fit to participate in this event. I know that running, jogging, and walking on roads and trails is a potentially hazardous activity, which could cause injury or death. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including rain, snow and/or ice, and the conditions of the roads and trails. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Winner's Circle Running Club, organizers, and volunteers from all claims or liabilities of any kind arising out of my participation in the Walk to 5k Series November 17, 2018 – January 1, 2019. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.