

Brentwood Elementary and McIntosh Middle School's

invite you to the inaugural



Brentwood and McIntosh Families!

Did you make a New Year's resolution to get healthier?

Always wanted to run but didn't know where to start?

Here is a perfect opportunity for you to start a new exercise program and kick off a healthy lifestyle.

First time runner and don't know where to start?

Here is an easy plan to get you started. Hal Higdon has a great running plan that will be a perfect resource for anyone wanting to train for a 5-K race. Just follow the plan, run or walk, and you will be off to a great start. The 8 week plan gives you plenty of time to prepare, so get started today.

<p>Hal Higdon's 5 K Training Program</p>							
<p>5-K Training: Novice</p>							
Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest or run/walk	1.5 m run	Rest or run/walk	1.5 m run	Rest	1.5 m run	30- 60 min walk
2	Rest or run/walk	1.75 m run	Rest or run/walk	1.5 m run	Rest	1.75 m run	35-60 min walk
3	Rest or run/walk	2 mi run	Rest or run/walk	1.5 m run	Rest	2 MI run	40-60 min walk
4	Rest or run/walk	2.25 m run	Rest or run/walk	1.5 m run	Rest	2.25 m run	45-60 min walk
5	Rest or run/walk	2.5 m run	Rest or run/walk	2 m run	Rest	2.5 m run	50-60 min walk
6	Rest or run/walk	2.75 m run	Rest or run/walk	2 m run	Rest	2.75 m run	55-60 min walk
7	Rest or run/walk	3 m run	Rest or run/walk	2 m run	Rest	3 m run	60 min walk
8	Rest or run/walk	3 m run	Rest or run/walk	2 m run	Rest	Rest	5-K Race

Saturday May 7, 2016
McIntosh Middle School

Sign up now and commit to jumpstarting that change!

Or

Sign up to get a late season run in before the heat of summer!

Registrations available in both school offices. For more information please visit our website at www.mcinwood5k.com

Race begins at 7:30 AM
May 7, 2016.

Be the role model you always want to be for your child.

Get Healthy, Get Fit!

This 5K and 1 Mile fun run will take place at the McIntosh Middle School campus. The course is a great combination of street and trail running.

Come run the beautiful trails through the shaded woods of the campus.



Hal Higdon's **5 K Training Program**

5-K Training: Novice							
Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 March 13 -19	Rest or run/walk	1.5 m run	Rest or run/walk	1.5 m run	Rest	1.5 m run	30- 60 min walk
2 March 20 -26	Rest or run/walk	1.75 m run	Rest or run/walk	1.5 m run	Rest	1.75 m run	35-60 min walk
3 March 27-2	Rest or run/walk	2 mi run	Rest or run/walk	1.5 m run	Rest	2 MI run	40-60 min walk
4 April 3-9	Rest or run/walk	2.25 m run	Rest or run/walk	1.5 m run	Rest	2.25 m run	45-60 min walk
5 April 10-16	Rest or run/walk	2.5 m run	Rest or run/walk	2 m run	Rest	2.5 m run	50-60 min walk
6 April 17-23	Rest or run/walk	2.75 m run	Rest or run/walk	2 m run	Rest	2.75 m run	55-60 min walk
7 April 24-30	Rest or run/walk	3 m run	Rest or run/walk	2 m run	Rest	3 m run	60 min walk
8 May 1-7	Rest or run/walk	3 m run	Rest or run/walk	2 m run	Rest	Rest	5-K Race