

Couch to 5K Schedule

Join the Independence Health Department every Tuesday (March 13-April 17) at 6 p.m. for weekly walks/runs at Waterfall Park (4501 S. Bass Pro Dr.). Each week the walks/runs get longer and more fun! For more information, call the Independence Health Department at 325-7185.

Find us on Twitter (@CityofIndepMO), Facebook (City of Independence, MO Government), or online at www.buildingahealthierindependence.org.

2018



S	M	T	W	T	F	S
March						
11	12 15 min.	13 1 mile	14	15 20 min.	16	17 30-40 min.
18	19 20 min.	21 1.5 mile	21	22 25 min.	23	24 35-45 min.
25	26 25 min.	27 2 mile	28	29 30 min	30	31 40-50 min.
April						
1	2 30 min.	3 2 mile	4	5 35 min.	6	7 45-55 min.
8	9 35 min.	10 2.5 mile	11	12 40 min	13	14 50-60 min.
15	16 40 min.	17 3.1 mile	18	19 45 min.	20	21
22	23	24	25	26	27	28 Independence Park Trot 5K Run/Walk

To get ready for the Independence Park Trot 5K, follow this easy, six-week schedule. Join the City of Independence on Tuesdays at Waterfall Park to run or walk the distance above. Be there by 5:30 p.m. to sign in and start the walk/run. Anyone who participates for the entire six weeks will receive a free Independence Park Trot 5K t-shirt!