

Couch to 5K Schedule

Join the Independence Health Department every Thursday (March 23-April 27) 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 (@IndepHealthDept), Facebook (Independence, Missouri Health Department), or online at www.buildingahealthierindependence.org.

2017

INDEPENDENCE
HEALTH
DEPARTMENT

Building a
Healthier
Independence

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

To get ready for the Independence Park Trot 5K, follow this easy, 6-week schedule. Run or walk the listed time or distance above. Join the Independence Health Department on Thursdays at Waterfall Park to help you stay on track! Be there at 5:30 p.m. for sign-in and the walk starts at 6 p.m.