

# Couch to 5K Schedule

Join the City of Independence every Thursday from March 19-April 23 for weekly walks/runs, 5 p.m., at Waterfall Park, 18001 Bass Pro Drive. Any one who participates the entire 6 weeks will be entered into three separate drawings for a pair of shoes and a shoe fitting (\$100 value) by Centerpoint! For more information, call (816) 325-7187.

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City of Independence Parks, Recreation and  
Tourism



CENTERPOINT  
MEDICAL CENTER

## MARCH 2020\*

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16 <b>15 min</b>	17	18 <b>20 min</b>	19 Couch to 5K <b>1 mile</b>	20	21 <b>30-40 minutes</b>
22	23 <b>20 min</b>	24	25 <b>25 min</b>	26 Couch to 5K <b>1.5 miles</b>	27	28 <b>35-45 minutes</b>
29	30 <b>25 min</b>	31				

## APRIL 2020\*

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			1 <b>30 min</b>	2 Couch to 5K <b>2 miles</b>	3	4 <b>40-50 minutes</b>
5	6 <b>30 min</b>	7	8 <b>35 min</b>	9 Couch to 5K <b>2 miles</b>	10	11 <b>45-55 minutes</b>
12	13 <b>35 min</b>	14	15 <b>40 min</b>	16 Couch to 5K <b>2.5 miles</b>	17	18 <b>50-60 minutes</b>
19	20 <b>40 min</b>	21	22 <b>45 min</b>	23 Couch to 5K <b>3.1 miles</b>	24	25
26	27	28	29	30	1	2 5K Park Trot

\*Run or walk the listed time or distance above. To register for the Independence Park Trot 5K, go to [www.independencetrot.com](http://www.independencetrot.com)