

# Hot To Trot 5K Beginner Training Program

**Who:** Anyone who has never run or walked a 5K or someone who is out of shape and needs to start over.

**Place:** We will meet at Thames Elementary in Hattiesburg.

<https://www.google.com/maps/dir//thames+elementary/@31.3131245,-89.4075579,12z/data=!3m1!4b1!4m8!4m7!1m0!1m5!1m1!1s0x889cde8c10304cbb:0xfd980b478179e025!2m2!1d-89.3375177!2d31.3131435>

**Date and Time:** Begins June 6<sup>th</sup>, 6:30 pm We will meet every Tuesday till mid August. At that time you will choose a 5K. We recommend the Dog Days 5K on August 26<sup>th</sup>.

**Equipment:** Comfortable running clothes and shoes.

**Price:** FREE except for the motivation and desire to improve on your fitness!



Run for any reason, but RUN!