

# Run Together Thrive Together

## Train for Tails & Trails (or another 5k Race)

### Running Club Schedule

CRH Running  
Club Distance

#### Week 1

July 15	Tuesday	5:30 at Scout Statue	1.75 miles
July 17	Thursday	5:30 at Scout Statue	1.5 miles
July 19	Saturday	Homework	20 minutes

#### Week 2

July 22	Tuesday	5:30 at Scout Statue	2 miles
July 24	Thursday	5:30 at Scout Statue	2.25 miles
July 26	Saturday	Homework	30 minutes

#### Week 3

July 29	Tuesday	5:30 at Scout Statue	2.5 miles
July 31	Thursday	5:30 at Scout Statue	2.75 miles
August 2	Saturday	Homework	40 minutes

#### Week 4

August 5	Tuesday	5:30 at Scout Statue	3 miles
August 7	Thursday	5:30 at Scout Statue	2.5 miles
August 9	Saturday	Race Day!	

## Starting July 15

Join Us Every Tuesday  
& Thursday at 5:30 PM!

Location Meet at the  
Scout Statue

Bring your dog, bring a  
friend, and let's hit the  
trails together!

As part of our VitalPath wellness initiative, this free training club is designed to support your movement and mental wellness goals. Whether you're walking, jogging, or running, we're in this together.

If you can't join us, you can still follow the week-by-week plan. By the end of week 4, you'll be ready to complete a 5K race without taking a break.



Questions? Contact Mindy McFadden,  
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