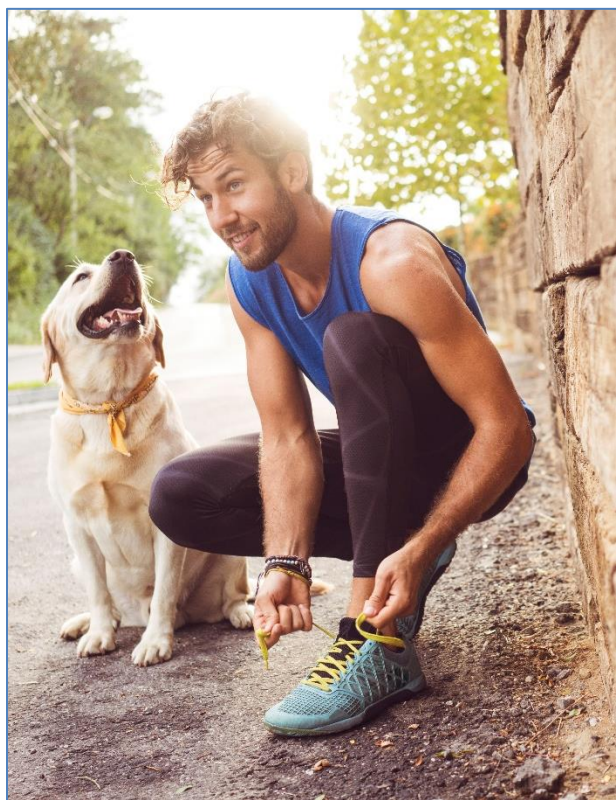


MOVE & NOURISH: A 5K TRAINING PROGRAM FOR HEART HEALTH

CHOOSE YOUR 5K GOAL

Congratulations on deciding to complete a 5K!

Choose your goal – [walk a 5K](#), [run your first 5K](#), or [improve your 5k run time](#) – and download the corresponding 8-week training plan and tip sheet (or get a printout from your wellness team).



You can customize your training plan:

If the sample training calendars provided do not work with your schedule simply download the customizable blank template for:

- [Walker](#)
- [Beginner runner](#)
- [Intermediate/advanced runner](#)

or get a printout from your wellness team and make your own plan following the guidelines provided.

Completing a 5K

Find a 5K to participate in to keep your training focused and hold yourself accountable. If you are not interested in participating in a community 5K event that is okay. You can still commit to the training plan and then set up your own 5K in your neighborhood and try for a personal record.

The [42nd Annual Vermont Corporate Cup Challenge & State Agency Race](#) is on Thursday, May 15, 2025 at 6pm.

SOURCE:

RunVermont

www.halhigdon.com

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