

## Books to help get you running.

### *3 Months to your First 5K*

Kuehls, Dave

Call Number: 613.7172 K953T

### *Build Your Running Body*

Magill, Pete

Call Number: 796.42 M2728B 2014

### *The New Rules of Running:*

#### *Five Steps to Run Faster and Longer for Life*

Vad, Vijay

Call Number: 613.7172 V14N 2014

### *Run Faster From the 5k to the Marathon*

Hudson, Brad

Call Number: 796.424 H867R 2008

### *Running Doc's Guide to Healthy Running:*

#### *How to Fix Injuries, Stay Active, and Run Pain-free*

Maharam, Lewis G.

Call Number: 796.42 M2775R 2011

### *To Be a Runner*

Dugard, Martin

Call Number: 796.42 D8785T 2011

## A Partnership:

City of Tacoma  
Metro Parks Tacoma  
Serenity Spa  
South Sound Running  
YMCA of Pierce and Kitsap Counties



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## Run with us and Exercise your mind!

## Couch-to-5k

Free workshops to help  
get you off the couch



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# Tacoma Public Library

## Couch-to-5k FAQ:

### ***What is a couch to 5k program?***

A couch to 5k program is a popular training method to prepare a person to participate in a 5k run. It's about 3.1 miles.

### ***I'm not a runner. Is this something I can do?***

**Couch to 5k** assumes a person can walk comfortably for 30 minutes. From there it is a matter of increasing the distance you can run for nine weeks of practice runs.

### ***How much time do I need to commit to this?***

Ideally, three running sessions per week for 9 weeks are needed to follow the program and be ready for a 5k run. Sessions can last from 30 minutes or more depending on the individual.

### ***When is this library program?***

This program is a series of weekly training runs and informational talks from June 15 to August 3. The training runs and weekly talks are each Wednesday beginning at 5:30 PM. Anyone who is interested may also want to register for the Thirsty Summer Nights 5k at Titlow Park on Wednesday, August 17.

Weekly information sessions and practice runs are scheduled at the Main Branch in the Olympic Room on the following dates:

Wednesday, June 15, 5:30 PM  
Wednesday, June 22, 5:30 PM  
Wednesday, June 29, 5:30 PM  
Wednesday, July 6, 5:30 PM  
Wednesday, July 13, 5:30 PM  
Wednesday, July 20, 5:30 PM  
Wednesday, July 27, 5:30 PM  
Wednesday, Aug. 3, 5:30 PM  
Wednesday, Aug. 10, 5:30 PM

## Included in this Program:

- Weekly run hosted by South Sound Running, beginning at the Main Library
- Weekly informational sessions from local health and fitness experts
- Opportunity to log weekly progress online
- Weekly participation badges
- Raffle prize for weekly participation
- Discount off entrance fee for **Thirsty Summer Nights 5k** at Titlow Park (Wednesday, August 17)

Please note: Participants must register and attend at least six weekly information and training runs, to be eligible for the discount.

**Register at any Tacoma Public Library location or call for more information, 253-292-2001.**