



# **COUCH TO 5K TRAINING PROGRAM**

**Gradually build your endurance with this  
beginner-friendly 8-week plan designed to take  
you from inactivity to running a 5K!**

**Program begins on 5/5  
Registration opens in ManageWell on 4/21**

Scan the QR code below to log into ManageWell or visit  
[ManageWell®](#) | [Benefits](#) | [DHMC and Clinics Careers](#) for  
ManageWell registration details



Questions?

Contact [LifestyleImprovement@hitchcock.org](mailto:LifestyleImprovement@hitchcock.org) or call (603) 650-5950