

LACE UP & GO

We're celebrating
National Walking Day



#AHALaceUp



Wellness Council

MONROE COMMUNITY COLLEGE

MCC Couch to 5K



MCC has been recognized by the American Heart Association for meeting criteria for employee wellness.

... Walk, Run, Live

Couch to 5K Program Guide

Walking Maps, MCC Brighton Campus

and Tracking Record April 6, 2016 – October 8, 2016

Couch to 5K Program Guide

Week	Workout 1	Workout 2	Workout 3
1	<u>5 min</u> : brisk warm-up walk <u>20 min</u> : alternate 60 sec of jogging and 90 sec of walking	<u>5 min</u> : brisk warm-up walk <u>20 min</u> : alternate 60 sec of jogging and 90 sec of walking	<u>5 min</u> : brisk warm-up walk <u>20 min</u> : alternate 60 sec of jogging and 90 sec of walking
2	<u>5 min</u> : brisk warm-up walk <u>20 min</u> : alternate 90 sec of jogging and 2 min of walking	<u>5 min</u> : brisk warm-up walk <u>20 min</u> : alternate 90 sec of jogging and 2 min of walking	<u>5 min</u> : brisk warm-up walk <u>20 min</u> : alternate 90 sec of jogging and 2 min of walking
3	<u>5 min</u> : brisk warm-up walk <u>Do 2 repetitions</u> : <ul style="list-style-type: none"> • Jog 200 yards (or 90 sec) • Walk 200 yards (or 90 sec) • Jog 400 yards (or 3 min) • Walk 400 yards (or 3 min) 	<u>5 min</u> : brisk warm-up walk <u>Do 2 repetitions</u> : <ul style="list-style-type: none"> • Jog 200 yards (or 90 sec) • Walk 200 yards (or 90 sec) • Jog 400 yards (or 3 min) • Walk 400 yards (or 3 min) 	<u>5 min</u> : brisk warm-up walk <u>Do 2 repetitions</u> : <ul style="list-style-type: none"> • Jog 200 yards (or 90 sec) • Walk 200 yards (or 90 sec) • Jog 400 yards (or 3 min) • Walk 400 yards (or 3 min)
4	<u>5 min</u> : brisk warm-up walk <u>Then</u> : <ul style="list-style-type: none"> • Jog 1/4 mile (or 3 min) • Walk 1/8 mile (or 90 sec) • Jog 1/2 mile (or 5 min) • Walk 1/4 mile (or 2½ min) • Jog 1/4 mile (or 3 min) • Walk 1/8 mile (or 90 sec) • Jog 1/2 mile (or 5 min) 	<u>5 min</u> : brisk warm-up walk <u>Then</u> : <ul style="list-style-type: none"> • Jog 1/4 mile (or 3 min) • Walk 1/8 mile (or 90 sec) • Jog 1/2 mile (or 5 min) • Walk 1/4 mile (or 2½ min) • Jog 1/4 mile (or 3 min) • Walk 1/8 mile (or 90 sec) • Jog 1/2 mile (or 5 min) 	<u>5 min</u> : brisk warm-up walk <u>Then</u> : <ul style="list-style-type: none"> • Jog 1/4 mile (or 3 min) • Walk 1/8 mile (or 90 sec) • Jog 1/2 mile (or 5 min) • Walk 1/4 mile (or 2½ min) • Jog 1/4 mile (or 3 min) • Walk 1/8 mile (or 90 sec) • Jog 1/2 mile (or 5 min)
5	<u>5 min</u> : brisk warm-up walk <u>Then</u> : <ul style="list-style-type: none"> • Jog 1/2 mile (or 5 min) • Walk 1/4 mile (or 3 min) • Jog 1/2 mile (or 5 min) • Walk 1/4 mile (or 3 min) • Jog 1/2 mile (or 5 min) 	<u>5 min</u> : brisk warm-up walk <u>Then</u> : <ul style="list-style-type: none"> • Jog 3/4 mile (or 8 min) • Walk 1/2 mile (or 5 min) • Jog 3/4 mile (or 8 min) 	<u>5 min</u> : brisk warm-up walk <u>Then</u> : <ul style="list-style-type: none"> • Jog two miles (or 20 min) with no walking
6	<u>5 min</u> : brisk warm-up walk <u>Then</u> : <ul style="list-style-type: none"> • Jog 1/2 mile (or 5 min) • Walk 1/4 mile (or 3 min) • Jog 3/4 mile (or 8 min) • Walk 1/4 mile (or 3 min) • Jog 1/2 mile (or 5 min) 	<u>5 min</u> : brisk warm-up walk <u>Then</u> : <ul style="list-style-type: none"> • Jog 1 mile (or 10 min) • Walk 1/4 mile (or 3 min) • Jog 1 mile (or 10 min) 	<u>5 min</u> : brisk warm-up walk <u>Then</u> : <ul style="list-style-type: none"> • Jog 2-1/4 miles (or 22 min) with no walking

7	<u>5 min</u> : brisk warm-up walk <u>Then</u> : • Jog 2.5 miles (or 25 min)	<u>5 min</u> : brisk warm-up walk <u>Then</u> : • Jog 2.5 miles (or 25 min)	<u>5 min</u> : brisk warm-up walk <u>Then</u> : • Jog 2.5 miles (or 25 min)
8	<u>5 min</u> : brisk warm-up walk <u>Then</u> : • Jog 2.75 miles (or 28 min)	<u>5 min</u> : brisk warm-up walk <u>Then</u> : • Jog 2.75 miles (or 28 min)	<u>5 min</u> : brisk warm-up walk <u>Then</u> : • Jog 2.75 miles (or 28 min)
9	<u>5 min</u> : brisk warm-up walk <u>Then</u> : • Jog 3 miles (or 30 min)	<u>5 min</u> : brisk warm-up walk <u>Then</u> : • Jog 3 miles (or 30 min)	<u>5 min</u> : brisk warm-up walk <u>Then</u> : • Jog 3 miles (or 30 min)
			The final workout! Congratulations!

Independent Program:

1. Buddy up and follow either 9 week program or through October 8th for Homecoming 5K
2. Use calendar to chart /log miles
3. When completed, turn in calendars to Wellness Council

Resources:

- See <http://www.coolrunning.com> for the **Couch to 5K** program and more information about running

- See <http://www.c25k.com/> for great resources for the beginning runner, including tips for beginners, podcasts that cue when you switch from walking to running, inspirational stories, support forums, gear, etc.



NY14122KL

Effective

07/28/2014 to

12/31/2024

MCC 5K (km), Brighton, New York

Measured on 7/26/14 By: Kevin P. Lucas – 585-421-9626

Measured Marks:

Start: at West end of Lot M on Sports Road, 8'-20" East of Light Pole #69

1 Mile: at Walkway to Alice Holloway Young Commons on Residence Lane

34"-4" North of light pole on East side of road

2 Mile: at Exit C on Campus Dr., 49'-10" South of Lot J sign

3 Mile: at sidewalk crossing between Lot M to Lot G on Sports Rd., 30'-8" East of sidewalk

Finish: at no parking striped area to PAC Center at West end of Lot G, 36'-9" East of fire hydrant



Brighton Campus Map

External Walk/Run Map 1.5 Miles





Walking Path

Tips for Safety:

- Stay on Path
- Wear Sneakers or Boots
- Wear Reflective Clothing
- Keep Garbage Off Path
- Stay Hydrated
- Walk Against Traffic



WALKING PATH
2.15 MILES

WALKING PATH
1.12 MILES



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For more information about AHA Walking Paths, visit
www.StartWalkingNow.org or contact your local AHA office.

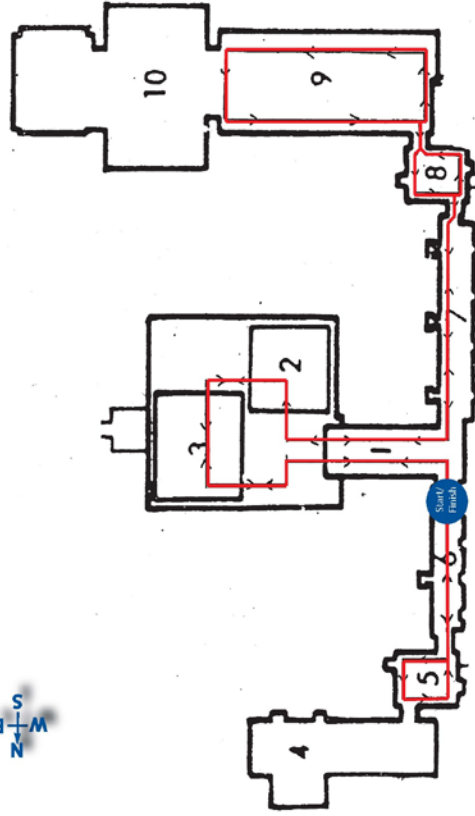


The workplace has been recognized for meeting criteria for employee wellness.



Walking Path

Tips for Safety:
Stay on Path
Wear Sneakers or Boots
Stay hydrated



1st Floor

 WALKING PATH
0.8 MILES



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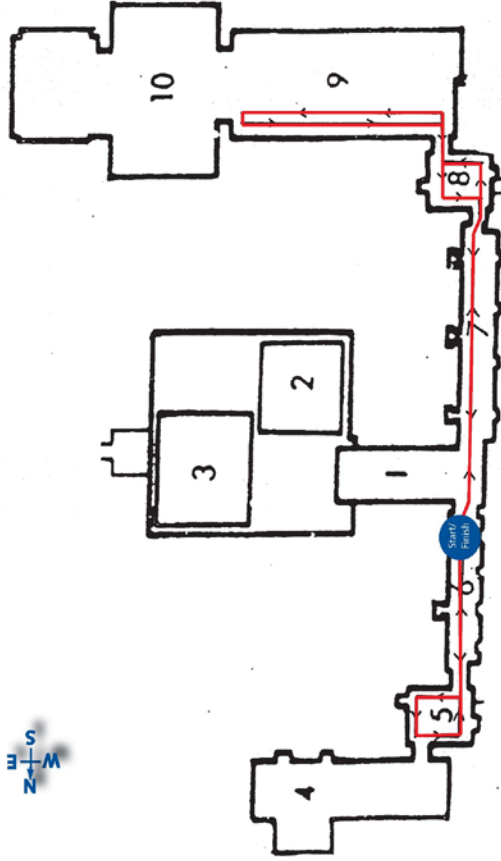


This worksite has been recognized
for meeting criteria for employee wellness.



Walking Path

Tips for Safety:
Stay on Path
Wear Sneakers or Boots
Stay hydrated



2nd Floor

— WALKING PATH
1.0 MILE
~2.5 laps



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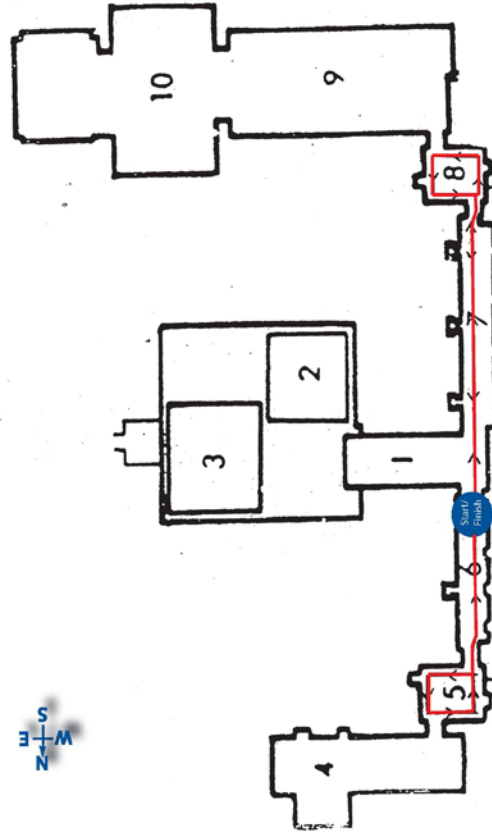


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Walking Path

Tips for Safety:
Stay on Path
Wear Sneakers or Boots
Stay hydrated



3rd Floor

WALKING PATH
1.0 MILE
3 laps



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MCC Couch to 5K

Tracking Log

April 2016						
Sun		Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16 Heart Walk & Run 8:00 Reg 9:00 Start Frontier Field
17	18	19	20	21	22	23
	25	26	27	28	29	30

May 2016						
◀ April						June ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	Notes:			

June 2016						
◀ May						July ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	Notes:	

July 2016						
◀ June						August ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	Notes:					

August 2016						
◀ July						September ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	Notes:		

September 2016						
◀ August						October ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	Notes:

October 2016						
◀ September						November ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8 MCC Homecoming 5K Walk/Run for Scholarships
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	Notes:				

Buddy System - Couch to 5K

Walker/Runner #1

Name: _____

Walker/Runner #2

Name: _____



Wellness Council

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We need your tracking logs! Upon completion, please forward your tracking log to:

Julianna Frisch

Walking/Running Events:

- National Walking Day, April 6, Noon – 1:00, MCC Brighton Campus, Terrace
- Couch to 5K Campaign on your own or with Buddy/Group:
 - 1) 9 weeks - April 11 – June 10
 - 2) April 11 - October 8 prepare for Homecoming 5K Walk/Run for Scholarships
- Heart Walk & Run, April 16, 8:00 Registration, 9:00 Walk/Run Starts, Frontier Field
- Homecoming 5K Walk/Run for Scholarships, October 8, 9:30 registration, 11:00 Walk/Run Start

Sponsored by the MCC Wellness Council:

Juliana Frisch, Chair, Wellness Council & Interim Assistant to President, Strategic Planning Initiatives

Kelley Bennett, Counseling Center and Veterans Services

Matt Farley, Sodexo

Susan George, Health Services

Ambika Howell, Student Services, DCC

Katie Nicholas, Athletics

Dolores Pasto-Ziobro, Internal Audit

Deneen Rhode, Health and Physical Education

Tanya Rich, Hospitality

Eileen Scorgie, Academic Services

Lori Scipioni, President's Office

Sandy Warren, Human Resources and Organizational Development

Margaret Whelehan, Housing & Residence Life

Cynthia Childs, Excellus

Gary Jones and Marc Natale, The American Heart Association

Special thanks to:

The MCC Homecoming 5K Walk/Run for Scholarships Planning Committee

Civility Project

The American Heart Association

Excellus