

Employee and Retiree Service Center
The Bulletin—March 25, 2026

Spring Virtual 5K Training Program

Following a successful fall session, the [Run Farther & Faster](#) Montgomery County Public Schools Spring Virtual Group 5K Training Program will begin on Monday, April 13, 2026, and run through Sunday, June 21, 2026. As spring and warmer weather approach, take advantage of expert guidance from experienced and certified running coaches Julie and Lisa of Run Farther & Faster, who will lead this 10-week program.

The program is fully virtual and can be followed from any location. Participants who are new to running or returning after a break will receive a training schedule designed to help them successfully complete the 5K (3.1-mile) race. Runners who are already running at least 30 minutes three times per week may choose a plan focused on improving their 5K time by the end of the program.

The program includes a kick-off meeting, a comprehensive training schedule tailored to both new and experienced runners, weekly communication from the coaches featuring training tips and guidance, and race-day preparation for those who wish to participate in a 5K race at the conclusion of the program.

For more information or to register, email Well Aware at wellness@mcpsmd.org.