

The Fall 5K Training Program Will Be Here Soon

Start the fall semester off on the right foot! Have you wanted to start running? Whether you are aiming to simply start moving more, finish your first 5K, or pick up the pace for a faster finish, this training program will support you every step of the way.

MCPS employees are eligible to join a 10-week 5K virtual training program led by certified coaches Lisa Levin and Julie Sapper of Run Farther & Faster. Lisa and Julie have been leading MCPS training programs for nearly 10 years. With experience and a passion for helping people achieve their goals—no matter their starting point—Lisa and Julie are here to support you.

This program starts the week of September 22, 2025, and concludes just in time for Thanksgiving Turkey trots. It includes a clear, easy-to-follow training schedule, weekly emails providing support and educational training tips, and access to experienced coaches for questions and guidance. There are two training tracks, one for those new to running or runners returning after a long hiatus, and another for more experienced runners interested in improving their finish times or increasing their mileage.

By the end of the 10 weeks, you'll be prepared to complete a 5K with confidence, pride, and a whole new sense of accomplishment. This is a beginner-friendly program designed to help you build endurance, stay injury-free, and hopefully even enjoy the journey beyond the finish line. No experience necessary. Just bring your determination and we will handle the rest.

[Register here](#). Training materials will be distributed on Friday, September 19, 2025. Space is limited to the first 40 registrants.

Be sure to check out upcoming wellness programs, classes, and resources on the [Well Aware web page](#) and in the [Well Aware Toolbox](#).