



Daniel L. Ritchie Center
for Sports & Wellness
UNIVERSITY OF DENVER

FROM COUCH TO 5K
OR RUN A PERSONAL BEST

CRIMSON CLASSIC

Free Six Week Plan **TRAINING**



Runners Roost
COLORADO

Official Partner

September 10th

5K Training Plan Kickoff with
Shoe Demos, Gait Analysis,
and Nutrition Samples.

Zach Nykanen

Personal Trainer

Your USATF Certified
Run Coach leading
weekly runs and writing
your training plans.

Students

Run Thursdays
at 4:00 PM

Faculty & Staff

Run Wednesdays
at 7:15 AM

Register at ritchiecenter.du.edu

Location
COORS FITNESS CENTER