

# Let's Up the Game

## Links to Training and Crazy Options

From Couch to 5K Training

<http://www.fromcouchto5k.com/articles/training/the-couch-to-5k-training-plan/>

There are several programs offered in Chatham Kent. Defiance Running Club has a Couch to 5k program every spring.

10K Training Program from Cool Running (4 variations)

[http://www.coolrunning.com/engine/2/2\\_4/145.shtml](http://www.coolrunning.com/engine/2/2_4/145.shtml)

½ Marathon Training Program

[https://www.nike.com/us/en\\_us/c/running/nike-run-club/training-plans/half-marathon](https://www.nike.com/us/en_us/c/running/nike-run-club/training-plans/half-marathon)

Full Marathon Training Program

[https://www.nike.com/us/en\\_us/c/running/nike-run-club/training-plans/marathon](https://www.nike.com/us/en_us/c/running/nike-run-club/training-plans/marathon)

LOOKING FOR SOME NEW CHALLENGES?

<https://toughmudder.com/>

<https://canadatrailrace.com/>

<http://triathlonontario.com/>