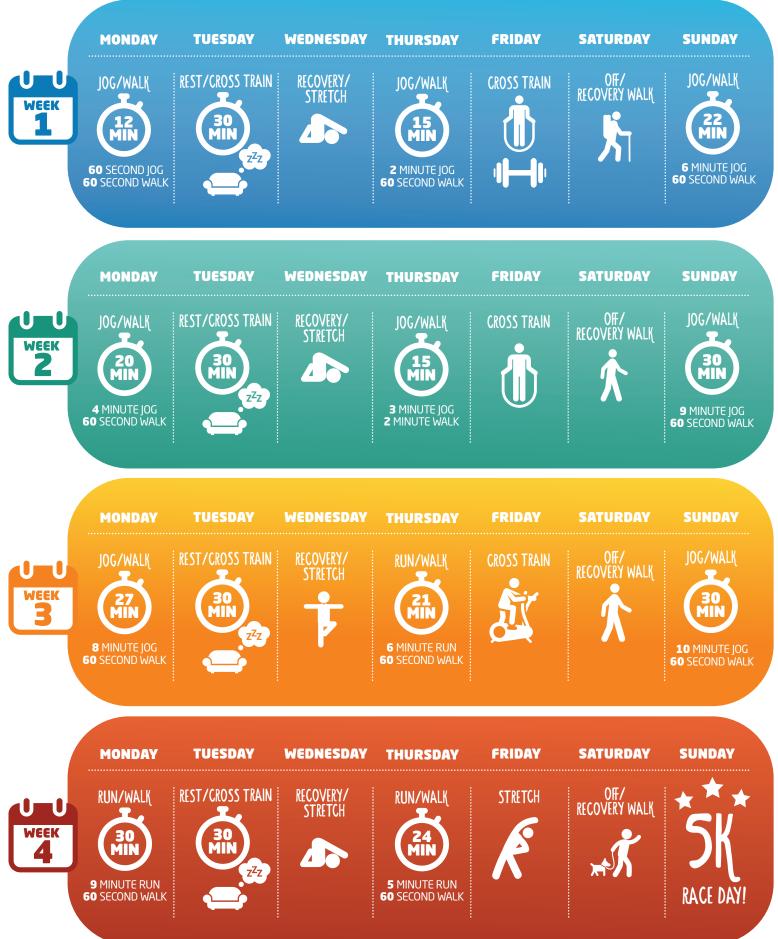
FROM COUCH TO SK RUN!





*Please use this training plan as a guide only. Listen to your body and go at your own pace.