



## Race Towards Wellness Reimbursement

Here at etrailer, We Are Doers. We seek out challenges and we run towards them. We want to encourage teammates to run towards more physical challenges by reimbursing our teammates' entry fees to participate in different races! Whether it's a 5k or a marathon, a mud run or a cycling race, we want to support our teammates taking these endeavors on!

### Reimbursement Details:

Fulltime teammates are eligible for a reimbursement of \$25 per race up to \$50 per year for entry fees for 5ks, 10ks, half marathons, marathons, road races, trail/adventure races, mud runs, fun runs, cycling, or any other type of competitive race.

Upon completion of the race, submit your reimbursement to [payroll@etrailer.com](mailto:payroll@etrailer.com) with your name, employee number, proof of cost, and proof of completing the race. Your reimbursement will then be added to your next paycheck.

### Don't know where to start?

\*Always consult your doctor before starting a new exercise program\*

Here is a starter plan found at [fromcouchto5k.com](http://fromcouchto5k.com). This is a 10-week outline that can help anyone, even if starting at zero, work up to a 5k. Don't forget to:

- Stretch after every workout to avoid injuries.
- Go at a comfortable pace and adjust the plan as needed.
- Hydrate properly and energize yourself at least an hour before you run.
- Wear the correct running shoes.

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	5 min walk 2 min jog 5 min walk	Relax!	5 min walk 2 min jog 5 min walk	Relax!	5 min walk 3 min jog 5 min walk	Relax!	Relax!
2	5 min walk 3 min jog 5 min walk	Relax!	5 min walk 4 min jog 5 min walk	Relax!	5 min walk 5 min jog 5 min walk	Relax!	Relax!
3	5 min walk 6 min jog 5 min walk	Relax!	4 min jog 5 min walk 4 min jog 5 min walk	Relax!	5 min walk 7 min jog 5 min walk	Relax!	Relax!
4	5 min walk 7 min jog 5 min walk	Relax!	5 min walk 8 min jog 5 min walk	Relax!	5 min walk 9 min jog 5 min walk	Relax!	Relax!
5	5 min walk 9 min jog 5 min walk	Relax!	6 min jog 5 min walk 6 min jog 5 min walk	Relax!	5 min walk 10 min jog 5 min walk	Relax!	5 min walk 11 min jog 5 min walk
6	5 min walk 11 min jog 5 min walk	Relax!	13 min jog 5 min walk	Relax!	15 min jog 5 min walk	Relax!	Relax!
7	15 min jog 5 min walk	Relax!	8 min jog 5 min walk 8 min jog 5 min walk	Relax!	16 min jog 5 min walk	Relax!	17 min jog 5 min walk
8	17 min jog 5 min walk	Relax!	18 min jog 5 min walk	Relax!	20 min jog 5 min walk	Relax!	Relax!
9	20 min jog	Relax!	12 min jog 5 min walk 12 min jog	Relax!	24 min jog	Relax!	25 min jog
10	25 min jog	Relax!	27 min jog	Relax!	30 min jog	Relax!	Race Day!