

COUCH 2 5K

**DOES TAKING UP RUNNING
SEEM SCARY?
WANT SOME SUPPORT &
COMPANY TO GET STARTED?
THEN COUCH
TO 5K IS FOR
YOU!**

A FREE 10 WEEK PLAN FOR ADULTS

- Three sessions per week of walking & running, slowly building up
- One session each week with other beginners and a qualified coach to guide you through
- Finish with a celebratory parkrun
- Train with other like-minded beginners for mutual support and encouragement
- Have fun!



**Meet weekly on
Thursdays, starting
18th May**

**6pm - 7pm in
Aireville Park,
Skipton**

**FOR MORE INFORMATION OR TO SIGN UP, EMAIL
C25KSKIPTONAC@GMAIL.COM**