

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 & encouragement
- Have fun!



DAY - Tuesdays starting 17th May
TIME - 6.15pm-7.00pm
PLACE - Aireville Park, Skipton

**For more information or to sign up
please email:
c25kskiptonac@gmail.com**