

# 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
- Complete three sessions per week of walking and running, slowly building up
- One session each week is 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** - Thursdays starting 5th January

**TIME** - 6pm-7pm

**PLACE** - Aireville Park, Skipton

For more information or to sign up please email  
[c25kskiptonac@gmail.com](mailto:c25kskiptonac@gmail.com)