

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 Thursday with other beginners and a qualified coach to guide you through
- Finish with a celebratory parkrun on 12th October
- Train with other like-minded beginners for mutual support and encouragement
- Have fun!



**Meet on Thursdays
starting 8th August
6pm - 7pm
Aireville Park
Skipton**

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