



Couch to 5K

with

Bourton Roadrunners

**The NHS Couch to 5K course will help you work up
to running 5K in just 9 weeks**

Suitable for absolute beginners of all ages

Friendly support and encouragement from our qualified
session leaders and club members

**Tuesdays and Thursdays @ 6.00 pm
starting 26 March 2024**

Course cost £10 (deducted from your membership fee if you decide to join Bourton Roadrunners after the course)

**Scan the QR code or contact Lorna at brr.c25k@gmail.com for
more information or to sign up**

