

Couch to 5K



Couch to 5K is a **NHS choices** running for fitness plan to help absolute beginners get into running.

The plan is designed to gradually work you up to running 5km (3.1 miles) in easy stages.

Take part in a FREE nine week Couch to 5K programme, starting from ECSSC in Grange Road on 9th April 2019

Tuesday and Thursday evenings at 18:00

For more details and to register, please e-mail

couchto5k@christchurch-runners.org.uk

Now in our 6th Year!