

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 over 9 weeks.

Take part in our **FREE** Couch to 5K programme at East Christchurch Sports and Social Club (ECSSC) in Somerford from 19th April 2022

Tuesday and Thursday evenings at 18:00

For more details and to register, please e-mail couchto5k@christchurch-runners.org.uk

Now in our 9th Year!