

**Ready to get running - but not certain
how to start?**

Join us for our next Couch to



Couch to 5K is an ideal programme for both new and returning runners. There is absolutely no expectation on your level of fitness, your running pace, or anything else, and by the end, you'll be able to confidently run 5km!

The cost of the course is £17, which includes participating in nine coached running sessions as well as the graduation at a parkrun.



**For more
information and
course dates, visit
www.rpac.org.uk
or email
c25k@rpac.org.uk.**

