



Bourton Roadrunners
Bourton-on-the-Water, Cheltenham, Glos

Couch to 5k with Bourton Roadrunners Club

Taking up running can seem like a scary prospect, especially if you feel out of shape or unfit.

We would love to help. We want to encourage anyone to come and try running with us in this new venture.

The NHS (National Health Service) Couch to 5K course, which we intend to follow, will help you gradually work up to running 5K in just 9 weeks. The course involves you doing 3 x 30min sessions a week and we are offering 2 led sessions per week

Tuesdays starting 17th March @ 6:15pm

Thursdays starting 19th March @ 5:45pm.

Session leaders will hold England Athletics qualifications and other club members will participate to encourage you.

The cost is £10 for the whole course and this will be deducted from the annual BRR club membership fee, should the participant join BRR.

Do get in touch with me if you are interested!

Margaret
brr.clubsec@gmail.com

