

CHEADLE

RUNNING CLUB

Couch to 5K

Introduction to Running

Get fit and have fun with our friendly sessions for people new to running. **No experience necessary**, the nine week programme will build you up in small steps from absolute beginner level to being able to run for fun!

Wednesday night group sessions led by experienced runners are **free**, just come along in suitable clothing.

You will be provided with a schedule to do two other sessions per week on your own or with friends.

Wednesdays 6 to 6:30pm

25th April to 4th July 2018

South Moorlands Leisure Centre, Cheadle.

FREE!

No need to book, just turn up. For more details see: -

www.facebook.com/CheadleC25K

or www.cheadlerunningclub.com

Minimum age 18, no maximum age.