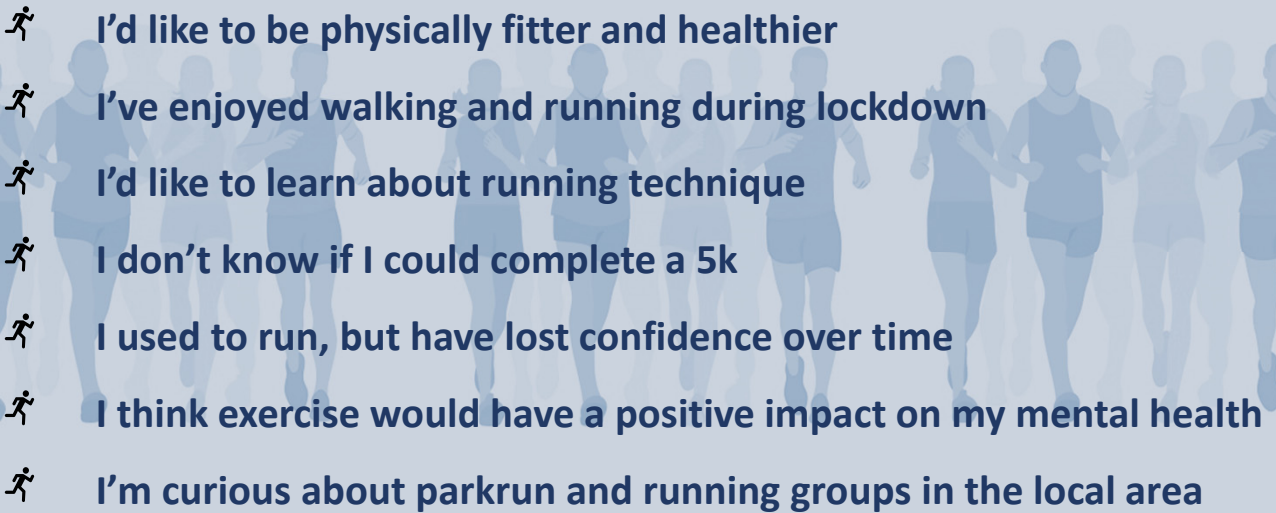









**Fakenham  
May 2021**

# Couch to 5k

Can you say yes to one or more of the following....

- 
-  I'd like to be physically fitter and healthier
  -  I've enjoyed walking and running during lockdown
  -  I'd like to learn about running technique
  -  I don't know if I could complete a 5k
  -  I used to run, but have lost confidence over time
  -  I think exercise would have a positive impact on my mental health
  -  I'm curious about parkrun and running groups in the local area

**Why not join us for a 10 week Couch to 5k programme  
suitable for all abilities**

- Starting on Friday 7<sup>th</sup> May 2021 at 6.30pm at Fakenham Rugby Club
- A one hour session each week with tuition provided by qualified coaches, supported by club members
- Only £10 for the whole programme
- Concluding with a 5k group run on Saturday 10<sup>th</sup> July 2021

Email [membership@rnts.co.uk](mailto:membership@rnts.co.uk) to book a space, or for more information

Visit [www.rnts.co.uk](http://www.rnts.co.uk) to find out more about our running club

Run for fun – running is for everyone



**Runners-next-the-Sea  
Norfolk**



Fakenham Rugby Club  
Top of Seppings Road  
Fakenham  
NR21 9RX