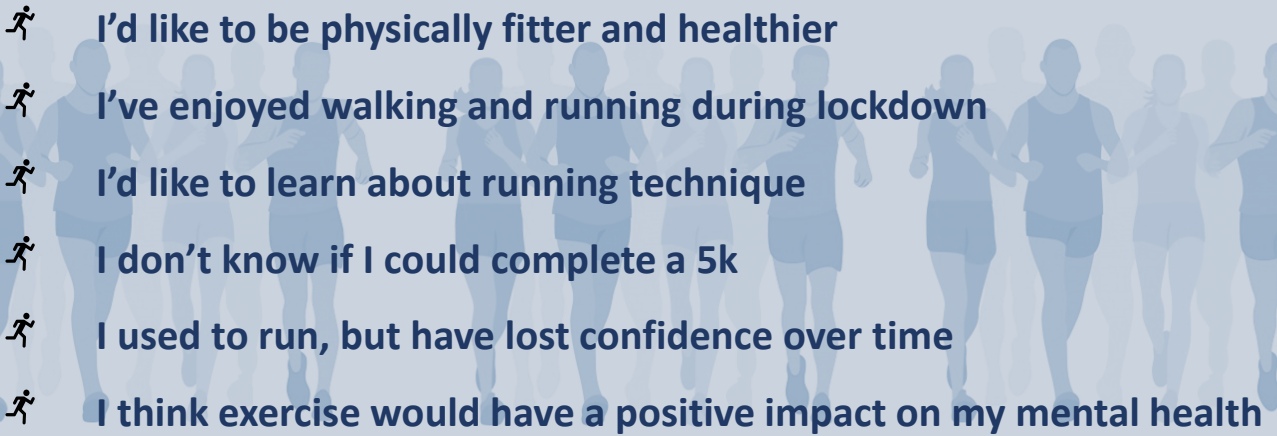









Wells-next-the-Sea
May 2021

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 Thursday 6th May 2021 at 6.30pm
- A one hour session each week at Alderman Peel High School in Wells-next-the-Sea
- Tuition provided by qualified coaches, supported by club members
- Only £10 for the whole programme
- Concluding with a 5k group run on Saturday 10th July 2021

Email membership@rnts.co.uk to book a space, or for more information

Visit www.rnts.co.uk to find out more about our running club

Run for fun – running is for everyone



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



Alderman Peel High School
Market Lane
Wells-next-the-Sea
NR23 1RB