



Get running with  
**ENGLISH COUCH TO 5K**  
in association with English GFC



- **Couch to 5K is an easy way of getting fitter and healthier in a friendly and supportive environment**
- **Designed specifically for ABSOLUTE BEGINNERS**
- **Participants train twice weekly, at their own pace with the guidance of a coach and the approved NHS C25K app**
- **12 week programme with the end result of entering and completing a local 5K park run**

**Fee: FREE to all paid members of English GFC and £10 for non-members**

**Registration and information evening in Committee room on Tuesday 27<sup>th</sup> September at 7pm**

**Training commences Thursday 29<sup>th</sup> September at 6:30pm at Pairc Cormaic**