

SUITABLE FOR ABSOLUTE BEGINNERS'

RUNNING GROUP

FOLLOWING THE NHS APPROVED COUCH TO 5K PLAN

FREE

**3 WEEKLY
RUNS**

Team Hud
Sport | Fitness | Health

COUCH TO

5K

START DATE 10 JUNE

MONDAY 08.15

WEDNESDAY 17.30

FRIDAY 12.15

For more information contact Naomi Lockwood: N.Lockwood@hud.ac.uk
or call us on 01484 472093