



HANDY CROSS RUNNERS

BEGINNERS COUCH TO 5K RUNNING COURSE



Taking up running can seem like a scary prospect but this supportive course will get your running journey off to a great start.

**The course starts on
Wednesday 1st May 2024 at
7pm for 10 weeks.**

**To enrol or find out more, email
Bob at:**

hxrspringc25k@gmail.com

Pre-registration essential



**Spring 2024 - Couch to 5K in 10weeks!
Beginners' Couch to 5K Running Course.
Provided by qualified coaches from Handy
Cross Running Club, based at
Wycombe Judo Centre in Booker.
Cost is £20 & includes Graduation Medal.**