



Could this summer change your life?

Couch to 5K is a fantastic programme that's been designed to get just about anyone from the couch to running 5 kilometres in the space of 10 weeks. It is an international programme, but we're launching our own version right here in sunny Saltash.

This is open to complete beginners, those thinking about a return to running or someone who might have been injured and wants to steadily return to hitting the roads once again.

Starting on Friday July 7th, you'll work with our experienced leaders to steadily build your fitness and – we hope – successfully complete your goals.

There is more information through the links below, or for more information, contact John Smith 01752 844281 or 07946 453215.

[Tamar Trotters C25K Application Form](#)

[Tamar Trotters C25K Poster](#)