



East Coast Athletic Club

23rd July – 17th September 2013

Tuesdays 6pm

Visit www.eastcoastathleticclub.co.uk for more info

Register by 19th July

£5 for complete 9 week programme

Get off the couch and train to run a 5k!

Couch to 5k is a fun and motivating small group training programme developed to help absolute beginners get into running.

This 9 week programme led by East Coast AC qualified coaches will challenge and motivate you to reach your goal of actually completing a 5k run!

All participants will graduate at the end of the programme with a 5k held in Larne.

Remember, no matter how slow you go, you are still lapping everyone on the couch!

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