

## Garstang Running Club – Couch to 5k June 2017

Do you want to get fit, improve your health and have some fun with others who want to do the same thing? If you are over 18 our Couch to 5k (C25K) Programme could be for you!

### What is Couch to 5k?

Couch to 5k is a hugely successful and really simple running programme for ABSOLUTE BEGINNERS, supported by the NHS. If you've never run before or if you want to return to running after a long break, this could be for you. The programme is designed to combine walking and running to slowly increase your stamina and fitness levels. It builds up over 10 weeks until you will achieve the amazing goal of running 5km! Further information about C25K can be found on the NHS website at [www.nhs.uk/LiveWell/c25k/Pages/couch-to-5k](http://www.nhs.uk/LiveWell/c25k/Pages/couch-to-5k).

### When do you meet?

The Garstang Running Club programme will include a session each Tuesday evening at 6.30pm for around 45 minutes. We meet at the Sports and Social Club in Garstang, next to the Football and Cricket grounds. We will also support you to do runs in your own time between club sessions – yes, this programme has homework!

### Why is Running a good thing?

**All exercise** is good for you but we especially love running. Not only does it improve your physical health, it is also great for stress relief and weight loss, especially when combined with a healthy diet. We also can't stress enough how good it feels to get outside in the fresh air with nice people.

### I'm too unfit for this!

You're not! Really! Couch to 5k is for EVERYONE!! If you are worried about your fitness levels, please get in touch with us and we'll have a chat. If you have any specific health concerns, the advice from the NHS is to check with your GP first but this really is a beginner's programme so please don't be put off, give us a try.

### What should I wear?

You don't need to buy a load of expensive kit. We recommend a decent pair of trainers and clothes you are comfortable in.

### What is the cost?

The first session is Free and if you decide to carry on it's £10 for the programme. This will go towards your membership of Garstang Running Club if you want to join the club after you have completed Couch to 5K.

### I'm nervous about turning up – what should I expect?

The first session will include a short meeting where we will introduce you to the programme, the leaders and fellow Couch to 5K runners as well as covering Health and Safety matters. Please come in your trainers as we will make a gentle start to the programme. Please try not to feel nervous. We all started somewhere and we know how you feel – we are a very friendly bunch. Our slogan is that **no one is left behind – Ever!**

We will then meet up each Tuesday and we will follow the programme, walking and running our way up to your 5k goal. Don't worry about the 10 week time limit – you can go quicker or slower, everyone is different and we will support you whatever. Our run leaders will also teach you some stretches and exercises to make sure you get the most out of the sessions. **It's FUN.** Bring a smile and some determination and we are sure you will enjoy it!

### I think it's for me – how do I join?

Contact Jonathan Hewitt at [jmphewitt@gmail.com](mailto:jmphewitt@gmail.com) to register. Our first session is on 6<sup>th</sup> June 2017 at 6.30pm at Garstang Sports and Social Club near the Football and Cricket ground, High Street Garstang PR3 1FA.