

A SIMPLE, 8 WEEK
PROGRAMME TO GET
YOU FIT

THREE SESSIONS A WEEK
LED BY QUALIFIED
COACHES

SUITABLE FOR ALL AGES
AND ABILITIES

FIRST SESSION:
MONDAY 7th APRIL

LIMITED PLACES
AVAILABLE SO BOOK
NOW!

CONTACT US:

BLYTHRCC25K@GMAIL.COM



STARTING 7th April 2025

COUCH TO 5K

HOSTED BY BLYTH RUNNING CLUB



Get Involved:

Blyth RC are running another of our successful C25K programmers starting in 7th April 2025. You will train as part of a group lead by our experienced, qualified coaches to get you running. The programme costs just £15 for 8 weeks and all you need to bring is yourself, a drink, some comfortable running clothes and shoes. Group sessions take place on Monday and Wednesday nights, meeting initially at 7pm in South Beach Estate, Blyth, with a third 'homework' session to be completed on a Friday/ Saturday.

Please get in touch
via email with any
queries or to
register your
interest

