



AMPTHILL & FLITWICK **FLYERS**



Founder: Steve Jordan www.affrunningclub.org.uk President: Ricky Jennings

COUCH TO 5K BEGINNERS RUNNING GROUP

Amphill & Flitwick Flyers are running a **free** couch to 5K group starting on Monday 11th September 2017 at 6.30pm.

Come join a fun and friendly group led by experienced coaches and runners from the **Flyers**, aiming to take you from the couch to running a 5K parkrun in 8 weeks.

The group will be limited in size and you will need to commit to attending the full course before a place can be allocated to you. Each training session will take place at 6.30pm on a Monday.

In order to reserve a place on the course please email

[**C25K@AFFRunningClub.org.uk**](mailto:C25K@AFFRunningClub.org.uk)

