



STONEHENGE TRIATHLON AND ROAD

## COUCH TO 5K COURSE 2019 – Starting 5<sup>th</sup> of January

**Where?**  
**When ?**

**Durrington Leisure Centre**  
**Every Saturday at 9.30 am**

Looking to get fit and more active in the new year? Our qualified coaches can help you make the transition from the couch to participating in a 5km park run in just 11 weeks. We developed a successful and well tested run programme to get you running. And it's entirely FREE!

**Visit our webpage for more information and the participant's form!**



[www.stonehengetriandroad.co.uk](http://www.stonehengetriandroad.co.uk)

