

Couch to 5k programme.

A 10 week programme starting on Wednesday 18th October to Wednesday 19th December.

The training programme is designed to get beginners running five kilometres (or for 30 minutes) without stopping. It takes place over 10 weeks and will gradually build up your endurance. This approach means there is no reason to worry about running the whole distance right from the start. For further information contact: val.brennan@manchester.ac.uk