

COUCH TO 5K AT RHAC

Rotherham Harriers hope to start a new 9 week Couch to 5K programme beginning Monday 19th April at 5.30 pm.

There is a limited number of places still available, so if you are interested in joining us please email –

couch25k@rotherhamharriers.org

or just sign up here:

<https://rotherhamharriers.org/couch/c25k-apply.php>

Details and sign-up on website:

www.rotherhamharriers.org - new adults - couch to 5k

Brief details:

For adult total beginners

Nine-week course

35 minute session twice each week

Monday and Wednesday 5.30 pm

Nominal charge of £2 per session

Ideally access to a mobile phone needed to complete our COVID-secure App before every session.