

NORWICH  **ROAD
RUNNERS**

FREE
TO TAKE PART



COUCH

TO 5K

10 WEEK RUNNING PROGRAMME

MONDAY EVENINGS AT **SPROWSTON ACADEMY**
6PM-7PM ON THE FIELD

STARTS 20TH APRIL

EMAIL INTEREST TO
stephen.pizey@gmail.com

SIGN UP TO THE SESSIONS HERE:
<https://www.groups.runtogether.co.uk/SprowstonC25K>