

Plymouth Harriers

Lipson College
Wednesday 6.15
Starts 10th October 2018



Plymouth Harriers beginners group

**A free 8-week structured
run by a qualified running coach
Starts 10th October 2018**

**The sessions are designed to support those who
have never put a pair of running trainers on before
but have always wanted to! A run/walk programme to
adapt to meet everyone's needs.**

**'From 3 minutes to 3k in only 8 weeks.
Plymouth Harriers have got this couch potato
up and "running"**

**'With the support of Plymouth Harriers and my
fellow beginners, I feel fitter, healthier, happier
and more confident than I have for years, glad I
signed up'**



Contact Leigh on: chair@plymouthharriers.net

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'Would never have thought I could run to the end of the street let alone a 3k but with the encouragement of the Harriers I surpassed that, not only did my fitness level increase so did my confidence.... would recommend the plymouth Harriers to my friends'

'Never believed I would manage a distance run but with some fantastic support from the Harriers, I am now running between 3 & 4K with ease'

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