



Northbrook Athletic Club

**Completed that parkrun?
Ticked that 5k box?
Want to go one step further?**

Northbrook AC proudly present their 5-10K training programme

Our 10 week training plan is open to all runners and will challenge and support you, giving you confidence to achieve your 10k goal.

We cater for all levels of runner, from the sub-five minute miler to the ten-minute plus miler. The course is led by qualified leaders in running fitness and designed by coaches to help improve your technique and allow you to get the most out of your running experience.

Follow our 10 week programme and you'll gain free entry into the Northbrook 10k race, giving you the opportunity to put your new found running stamina, confidence and pace into practice.

The course begins on Thursday 3rd May. Sessions will be held weekly on Thursdays at 19.30 at Allesley Park, Coventry.

The cost for this course is £14 which includes your free entry to the Northbrook 10k race on Sunday 8th July 2018.

To register your interest please email : 10ktraining@northbrookac.org.uk



Any personal information you provide will be handled according to the terms of our Privacy Policy - viewable on our website at www.northbrookac.org.uk