



Northbrook Athletic Club

Northbrook AC

Completed that Parkrun?

Want to improve?

Northbrook AC invites you to a 5K improvement programme

Our 10 week training plan is open to all runners and will challenge and support you, giving you confidence to improve your 5k time

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.

Following your 10 week programme, you will invited to enter our [club's handicap](#) series as a guest starting on the 4th April to give you a chance to put your new found running ability/confidence and pace into practice.

The course begins on Monday 29th January. Sessions will be held twice weekly on a Monday at the War Memorial Park at 18:00 and a Wednesday in the Allesley area, Coventry at 19.45.

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

