

# COUCH TO 5K

Kick start your 2025 and transform yourself into a 5K finisher in just nine weeks.

Our C25K course starts on 20 January 25 and you can join our groups wherever you live and work. Get ready to unleash your potential and discover running!

[www.activeteams.co.uk/C25K](http://www.activeteams.co.uk/C25K)

**ACTIVE TEAMS**

