

Couch to 5k training



Couch to 5k has been designed to get you off the couch and running 5km within 10 weeks – grab your trainers and join us!

Starts Sunday 8th January 2017

Meet at Wigan Life Centre reception 10am

£1 per session, first session free

For more information or to book a place email Julie.barton@wlct.org