**BEESTON AC**

**Starting 13 October a 5k to 10k, 8-week training course,**

**6.20pm Chilwell Olympia**



When you first take up running, everything is geared towards that first 5K. At first, you struggle to make it through five minutes, let alone ten, but soon enough the day comes around that you can run for a full 30 minutes without stopping. It’s liberating and you can’t help but tell everyone you meet that you’ve ran for a whole 30 minutes – without stopping!

But then what happens? Once you’ve mastered the art of the 5K and your local Saturday morning parkrun, the next challenge looms – the 10K. And the prospect of doubling the distance you’ve worked so hard to conquer can be daunting. 13th October we are running an 8-week course 5k to 10k meeting every Wednesday Chilwell Olympia, so if you would like to join us please message 07759125929.

Many Thanks Penny, Chris & Teresa