



# Couch 2 5K

## Are you taking part in Louth Run for Life 2019?

Magna Vitae are running a Couch 2 5k programme to get you ready for the big day on 30th June 2019.

The training will take place every Wednesday 6pm at London Road Pavilion, Louth.

This is for 8 weeks starting on 8th May 2019.

You will be given an 8 week training programme with ongoing help and advice from an experienced trainer.

What you need: Suitable trainers, sports kit and a bottle of water.

All abilities welcome

Magna Vitae Members: Free  
Non-Members: £15 for 8 weeks  
Non-Members: £2.50 per session

Limited spaces available

To book your space contact the Meridian Reception on 01507 607650

*We look forwards to seeing you there!*