



# C25K starting

## Wednesday 4th Sept 2024

### **Couch to 5K—8 Week course.**

This course is open to anybody who would like to take up running for friendship and fitness. We make use of St. Mary's school field, running laps around the perimeter track, ensuring that all paces are catered for. We follow the NHS app, downloadable on your smart phone, which requires you to complete 2 other runs independently throughout the week. However, Kate is happy to provide support for these extra runs, if it's difficult to find the motivation.

For more information about our next C25K course please email Kate at [juniors@woodbridgeshufflers.org.uk](mailto:juniors@woodbridgeshufflers.org.uk)



**Our next C25K will commence on Wednesday 4.9.24 at 7pm on St. Mary's Playing Field. Meeting in the Buttrum's Windmill Car-park on Burkett Road, IP12 4JJ.**

**To save your space email Kate (email above)**

**Free for existing members.**

**£16 for non-members**



After having my children I was looking to get fitter, I recently moved to Woodbridge and someone suggested the C25K course with Woodbridge Shufflers. I was a bit apprehensive I wouldn't be able to stick with the program after having previously tried and failed. After meeting Kate and Suzy I could tell this was going to be a great course. They ensured that we went at a pace which suited everyone and it was a lovely social meeting each week. The leaders were very knowledgeable and supported us well. We ended the course by running a local parkrun together and felt such a sense of achievement. The club let us trial some of the weekly runs to see if we enjoyed it before becoming members and similar to the C25K everyone was so supportive and friendly. We progressed to the 4 mile runs and after a few months to some of the longer Sunday runs. The club has really improved my fitness, I've made some great friends and loved getting to know the beautiful countryside. I love how Shufflers caters for everyone - from coached sessions on the track to chatty social runs. I would definitely recommend the club to both new and experienced runners. - Lottie Williams.