



Dudley Kingswinford Running Club

Beginners Course 2022



We welcome New Runners to join us for our well-established Couch to 5k course

- Course is run by Experienced qualified coaches
- No road running – all off road in our sports fields
- Free Entry to the Clubs 5km race is offered at end of course
- Make new friends
- Get fit & well
- Convenient on-site parking
- Changing rooms & toilets

Venue: The course is run at our home base of Dudley Kingswinford Rugby Club,
Swindon Road, Wall Heath, Kingswinford, DY6 0AW

Go from Zero to 5km - 10 weeks tuition starts on Tuesday 12th April
2 sessions a week on Tuesdays & Thursdays at 7pm.

Cost £40 – Book your place on this course

click here <https://dkrugby.rfu.club/products/80255>

Note: it does not matter if you have not run before, we will work with your abilities, but you should be able to do a brisk walk for at least 20 minutes.

Minimum age is 16 years old on course start date – no upper age limit 🕒

For further information please go to www.dkrunningclub.co.uk or
email: admin@dk-rfc.co.uk or call DK office on 01384 287006