

# 5k to 10k Programme

## Your New Challenge

**You're Comfortable running 5km?**

**You've surprised yourself - and others!**

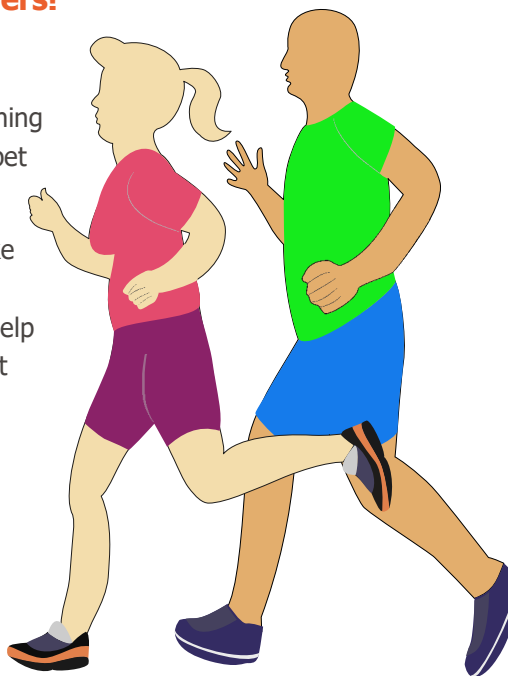
**What's your next big challenge?**

How about you take the next step up the running ladder - running a full 10km! Impossible? I bet that's what you thought about running 5km!

Our programme is designed for people just like you. It's coordinated by a fully qualified UK Athletics Coach in Running Fitness, who will help you identify YOUR goals and give you the best chance of achieving them by making sure you achieve the most from your sessions.

We do the group sessions on the trails of Falkland Estate - we replace busy roads and exhaust fumes with the scents and sounds of the forest.

Find out more by visiting our web site.



**REGISTER  
AT**



**get fit  
falkland**

[www.getfitfalkland.org.uk](http://www.getfitfalkland.org.uk)

**Further : Faster : Stronger**

# What Will I Get?

- A professionally designed programme that has been proven to work
- Suitable for anyone who is comfortable running 5km
- A gentle, but challenging, progression over ten weeks to running 10km
- Led by a UK Athletics Coach in Running Fitness
- Group sessions plus independent tasks
- Strength & Flexibility exercises to reduce the risk of injury
- Podcasts by top scientists who help you run further / faster for the same effort!
- Online resources and session tracker
- A FREE "10k Programme" T-shirt!
- "Graduation" with a custom medal

# How much will it cost?

Get Fit Falkland gets no funding. Although it's run by unpaid volunteers, we do have some costs and we can't provide it for free.

Other "clubs" charge £5 a week or more for each session. But we've been able to keep the cost to just £20 for the full 10 week programme! Even better, that includes a FREE T-shirt.



web page: [www.getfitfalkland.org.uk/ten](http://www.getfitfalkland.org.uk/ten)

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