

Want to Run 5km?



Jog Belfast is a **FREE** 10 week training programme for beginners. The course is aimed at people who have not ran before and will help them complete a 5km run in 10 weeks

Next 10 week programme starts Mid-January 2014 across Belfast. There are two sessions per week, which last an hour each.



East Belfast

Tommy Patton Park

Sat (10:30am) & Thur (6:30pm)

Starts: Sat 18th January

North Belfast

Grove Playing Fields (Jelico Ave)

Mon & Wed @ 6:30pm

Starts: Mon 20th January

South Belfast

Ormeau Park (Ozone Gravel Pitch)

Sat (11:00am) & Tues (6:30pm)

Starts: Sat 18th January

West Belfast

Falls Park (Sat) & Andersonstown Leisure Centre Gravel Pitch (Tue)

Sat (10:30am) & Tue (6:30pm)

Starts: Sat 18th January

For more information and to register, please visit www.jogbelfast.com or search 'Jog Belfast' on Facebook or telephone Matt Shields on 07595 269308. Jog Belfast is open to people of all ages and abilities, and supported by friendly & knowledgeable coaches.

Supported by
HD
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Belfast
Running.com



HSC Belfast Health and
Social Care Trust

