

Call For Participants



The impact of the 'Couch to 5k' app on markers of health and wellbeing

15 min(s) to complete

Sincere Gratitude

Online Questionnaire

Online

Loughborough University

Participants are sought for a project exploring the health impacts of the 'Couch to 5k' programme. This popular programme supports novice runners to start running, with a view to being able to run 5k by the end of the 9-week course. Despite its popularity and being recommended by the NHS, the programme has yet to be fully evaluated. The study will explore how the well-known beginner's running programme – which is usually downloaded as an app – impacts markers of physical and mental...

Find out more online

Poster printed on 06/09/2025

Study expires on 30/06/2021

More info

by scanning the QR code
or visiting the URL

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