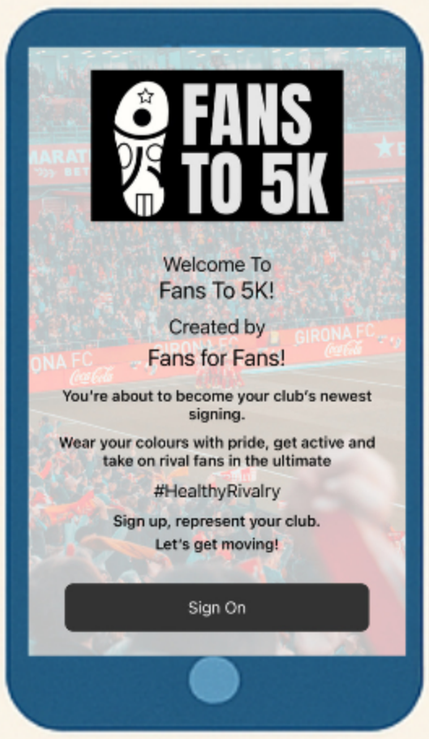
HOW FANS TO 5K WORKS

FANS TO 5K

Follow us at @FansTo5K

1



Download Fans To 5K on app and sign on for the club you want to represent

2



Start your 10 week training on 5th January 2026

3



Follow basic training plan for free or upgrade to a premium for extra functionality

4

Connect your profile to Strava to turn your miles into points

5

Go out and walk, jog or run yourself 5K fit and win points for your club

