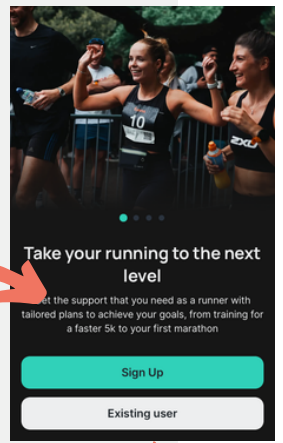
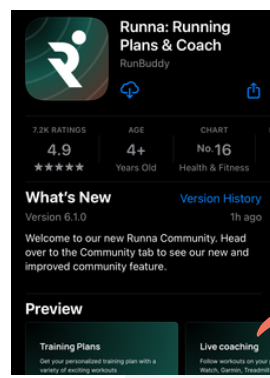


# Redeem your free 2-weeks of Runna

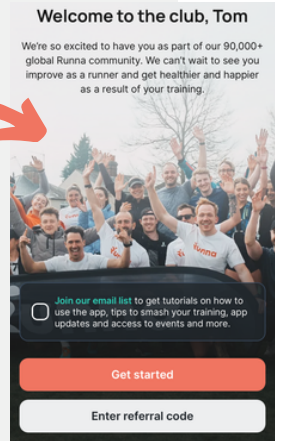
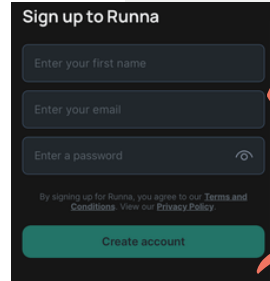
## DOWNLOAD THE APP

Head to the App Store or Google Play Store and download Runna - [Or click this link!](#)



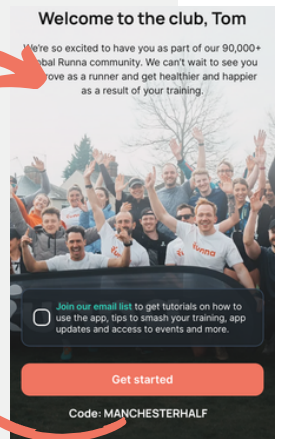
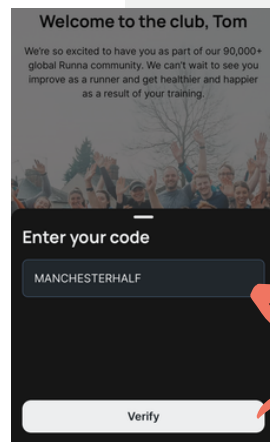
## SIGN UP TO RUNNA

Once downloaded, enter your first name, email and password. You can also sign up with Apple, Google or Facebook.



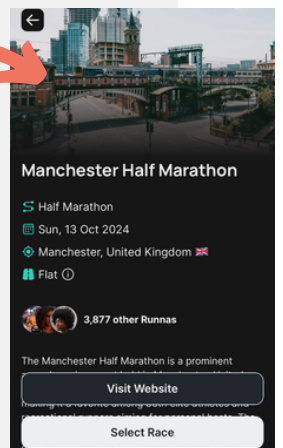
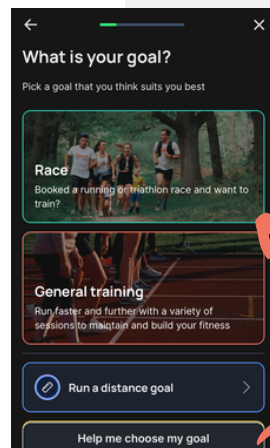
## ENTER YOUR REFERRAL CODE

Once signed up, you'll be able to enter your referral code "MANCHESTERHALF". Pop this in to redeem your 2 free weeks! Once you have entered it, hit "Verify" then "Get Started".



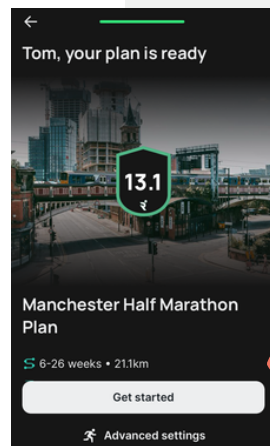
## CHOOSE YOUR GOAL

As you're training for Manchester Half, go ahead and select the "Race" option. Type in Manchester Half Marathon and "Select Race".



## SET UP YOUR PLAN

Following the race selection screen, you'll fill out some information such as your running ability, current distance times (5k, 10k etc).



## HIT THE ROADS!

Once you've filled out your running details, you're ready to start your plan