

Couch to 5K in 2023

With Brixham Harriers

A running plan for beginners. Taking up running can seem like a scary prospect, especially if you feel out of shape or unfit. Brixham Harriers are again running a nine week program using the NHS Couch to 5K App, starting on Tuesday January 10 th 2023. The group will meet at 18.00 on Tuesday and Thursday evenings at The Admiral Swimming Pool, and will walk/run for forty five minutes in this area. You will need to complete one other session at the weekend, but you will have the App to guide you through this. The first two weeks are free, after that the course will cost £16 which includes membership of the running club until the end of March 2024

What is Couch to 5K? The NHS Couch to 5K is a running plan for absolute beginners. It was developed by a new runner, Josh Clark, who wanted to help his 50-something mum get off the couch and start running, too. The plan involves 3 runs a week, with a day of rest in between, and a different schedule for each of the 9 weeks. It ends with a celebratory parkrun at Torbay Velopark on the last Saturday March 18th

How does Couch to 5K work? Probably the biggest challenge a new runner faces is not knowing how or where to start. Often when trying to get into exercise, we can overdo it, feel defeated and give up when we're just getting started. Couch to 5K works because it starts with a mix of running and walking to gradually build up your fitness and stamina..... and you'll be doing it with a supportive group.

Week 1 involves running for just a minute at a time, creating realistic expectations and making the challenge feel achievable right from the start.

Who is Brixham Harriers Couch to 5K for? Couch to 5K is for everyone. Whether you've never run before or if you just want to get more active, Couch to 5K is a free and easy way of getting fitter and healthier. If you have any health concerns about beginning to exercise, make an appointment to see your GP and discuss it with them first.

What should I wear? A pair of trainers is the only essential thing you'll need, apart from this, wear comfortable clothes that you can move about in. If you have a brightly coloured/reflective top then please wear this as it will be dark and we do cross roads. Some people like to bring a torch/head torch and you are welcome to do this. It can be wet on some evenings, and most people will wear a waterproof top if it is, but you soon warm up, so don't over dress. You may want to carry a bottle of water with you.

How do I Join in? Just download the App NHS **Couch to 5k** to your phone from iTunes or Google Play (don't worry if you can't do this you still can do the group without the App), complete the form below to bring with you on your first evening. Then email, or contact us through our Facebook page so we know you're coming.....search for Brixham Harriers.

After 2 weeks we will ask you to join the club.

Please ideally pay by bank transfer to Brixham Harriers Running Club: branch **sort code 30-88-04, account 24291360. NB put your name as the reference.**

If you really can't use this method of payment, please make cheques payable to 'Brixham Harriers' and return to the Club Treasurer (Nicky Simmons).

If you have any questions you can contact us on:

Tel: 07584133402 or Email: brixhamharriers@yahoo.com

Name	
Address	
Date of Birth	
Mobile telephone No.	
E-mail	
Emergency contact name	
Emergency contact number	
Do you have any medical conditions that Brixham Harriers should be aware of? If yes, please give details and any medication you need to carry.	

I declare that I am an amateur runner to be bound by the rules of UK Athletics and also the rules of Brixham Harriers Running Club as contained within the Club Constitution.

I confirm that I understand that participation is entirely at my own risk and I should consult with my own doctor if suffering from any condition that might make running injurious to my health.

I accept that my details will be held on a computer database and that this information will only be passed to certain club officials on a need to know basis. All personal information will remain confidential, though as email is one of the normal means of communication across the club, your email address will normally be visible to other members, on such club communications. The Club does not share email data with any other party.

*Please indicate if you wish us to take measures to hide your email address

I acknowledge that the club bears no responsibility accident, illness, loss or damage as a result of my involvement in this Couch to 5K group.

Signed: _____ Dated: _____

Please complete and return to a committee member or email to brixhamharriers@yahoo.com