



If you've never ran a step since P.E. classes in school, don't worry! A **Couch to 5K** program is designed to break you in gradually, even if you are a couch potato. You can have any reason for wanting to do it; to get fitter, to loose weight, to get out and take part in a group... whatever your reason, this is a great opportunity to get up and get active.

The programme builds people up gradually (starting with walking and adding in jogging and running as the programme continues), so you don't have to be Usain Bolt before you take part, this is the start! The programme is aimed at employees, their families and the local community who have never taken part in exercise/5 k's before but would like to get started. Get your family / friends organised and get active..... Why wait?



Starting on the 4th of July, three nights a week -Monday, Wednesday and Friday @ 6:30pm sharp (for 45 minutes building up to 1 hour) at Trialough football pitch for a 9 week programme.

Led by Paddy Shiels, a qualified personal trainer. Paddy has a degree in sports and business and is very experienced in running couch to 5K's and classes (boxercise, TRX, circuits, core)

Free of charge—open to the local community. Register early.

Please let Bernie (074 91 92120) know if you are interested in taking part in this initiative.

A charity 5km will be organised for Saturday 3rd of September

