



SEASON 10: OCTOBER 2017

DETAILS & DATES!

Cost, group training options, key dates and next steps!

Beat the Couch is a beginners running program that aims to get people who are currently unfit (or who have a low level of fitness) off the couch and 5k fit in 10 weeks. It's brought to you by Natural Ltd and includes lots of nutrition support too. This time around is a milestone as it's our 10th season. We're going for a big crowd with lots of new faces and grads of previous programs too!

Season 10 will run as usual with an amazing coaching team, including Sergio White from Positive Results and Megan Hare/Sam Pardoe from Court House Squash & Wellness. Collectively our trainers have a HUGE amount of experience coaching beginner runners so you're in extremely good hands! You'll also have social training and expert nutrition guidance as usual from Catherine Burns. We have adjusted some of our times slightly. Other than that, it's the same tried & tested formula and we can't wait to get started!

COST

\$397 per person (\$367 for Family Cup, \$357 for Corporate Cup and \$347 for Court House members and BTC grads.) This includes:

- Introductory seminar – programme structure, running basics and kit tips
- Nutrition seminar – optimize your diet to support your training
- Optional biometric tracking (weight, percentage body fat, inch loss)
- Five biometric tracking and nutrition drop-in sessions (fortnightly)
- Up to three 45 minute group training sessions per week (30 sessions total)
- Weekly running skills clinics
- Weekly motivational newsletter with recipes and tips
- Race day prep seminar
- 5k race t-shirt
- 5K race entry fee
- 10% discount at Sportseller on your first purchase



GROUP TRAINING OPTIONS (approx 45 minutes including warm up and warm down)

There are 10 options and **you need to pick three**. To manage group size, we need you to sign up to specific sessions at the start of the programme. These are allocated on a first come, first served basis. However there is usually flexibility and you should be able to swap sessions if need be, especially after the first few weeks.

Training options:

Monday nights 6.30pm, with Sam Pardoe (professional trainer) meet at Bulls Head Car Park
Tuesday mornings 6.45am, with Sergio White (professional trainer) meet at Bulls Head Car Park
Tuesday nights 6.45pm, with Sergio White (professional trainer) meet at Bulls Head Car Park
Wednesday lunchtimes 12noon, with Sam Pardoe (professional trainer) meet at Bull's Head Car Park
Wednesday nights 6.30pm, with Megan Hare (professional trainer) meet at Bulls Head Car Park
Thursday mornings 6.45am, with Sergio White (professional trainer) meet at Bull's Head Car Park
Thursday nights* 6.30pm, with Catherine Burns (social trainer) meet at Bulls Head Car Park
Friday lunchtimes 12noon, with Megan Hare (social trainer) meet at Bull's Head Car Park
Saturday morning RUNNING CLINIC 8.30am, with Megan Hare (professional trainer) in the Botanical Gdns
Sunday morning* RUNNING CLINIC 8.30am, with Catherine Burns (social trainer) at Horseshoe Bay

TROUBLE CHOOSING? We suggest participants spread out training sessions during the week to maximize recovery time. For example, pick Monday, Wednesday and a Friday/weekend session, or Tuesday, Thursday and a weekend session. Doing consecutive sessions shouldn't be a problem if the third is spaced out (e.g. Monday, Tuesday, Friday) but try and avoid three consecutive runs.

Weekend running clinics:

These will focus on comfort, skill and running style. **Participants still complete their training runs within these sessions and these clinics DO count as one of the three training options.** We recommend that each person attends one but understand that they won't fit everyone's schedule. Drop-ins to isolated sessions should be fine.

***Social runs:**

These runs are with Catherine who is a relatively experienced runner, but not a professional trainer. These sessions are relaxed, fun, motivating, supportive and get the job done. However, for injury advice, please talk to Sergio, Megan or Sam 😊.

What if you can't make three of these sessions?

You need to do three training sessions per week to keep up with the program. If you can't make three of our times, you have the option of keeping up with excellent (and free) podcasts and training when your schedule permits. Unfortunately we can't offer discounts to those utilizing less than three sessions.

Training goes ahead rain or shine. Hurricanes are the only exception 😊



KEY DATES

Programme build-up:

Wednesday 4th October	Registration deadline
Thursday 5th October	Introductory seminar Programme structure, running basics, kit tips 6.30-7.30pm Venue: Bermuda Chamber of Commerce
Saturday 7th October	Nutrition seminar Optimize your diet to support your training 2-3pm (if oversubscribed we will do another one at 3pm!) Venue: Natural Nutrition, Third Floor, Mechanics Building, Church Street
Friday 6th Oct or Saturday 7th Oct	<u>Drop in</u> days for biometric tracking (optional) – takes 5 minutes Weight, percentage body fat, inch measurements 9.00am – 12noon Friday, OR 12noon – 1.30pm Saturday Venue: Natural HQ

Training starts:

<u>Week commencing</u>	<u>Training stage and biometric tracking</u>
Oct 9th	Training week 1
October 16th	Training week 2
October 23rd	Training week 3 Biometric/nutrition drop in (1) Thurs 26 th , 12.30-2pm - optional
October 30th	Training week 4
Nov 6th	Training week 5 Biometric/nutrition drop in (2) Thurs 9 th , 12.30-2pm - optional
Nov 13th	Training week 6
Nov 20th	Training week 7 Biometric/nutrition drop in (3) Thurs 23 rd , 12.30-2pm - optional
Nov 27th	Training week 8
Dec 4th	Training week 9 Biometric/nutrition drop in (4) Thurs 7 th , 12.30-2pm - optional



Dec 11th Training week 10 (buffer/race prep week)

Event:

Thursday 14th Dec Pre-event pep talk and preparation
T-shirt pick up
1hr at 6.30pm
Venue: to be confirmed (but in Central Hamilton)

Sunday 17th Dec 5K race day!
9am – Jingle Bells 5K

Monday 18th Dec Final biometric/nutrition drop in (5), 9.30-11.30am - optional

NEXT STEPS

If you have questions, please contact Catherine at Catherine@natural.bm or by calling 5054725.

When you are ready to SIGN UP, please email btc@natural.bm. You will then be emailed your registration form and payment details. Please note that your payment secures your place. Spaces may be limited. You should receive a reply within 24hours. If not, please contact Catherine directly.

Please also note that **if you have a medical condition, you must seek approval from your physician** before participating in this programme. If your physician has any questions, Catherine will be happy to help them directly. If you have a history of injury, we recommend that you check in with your physiotherapist before proceeding. Don't be put off by this as most people are able to proceed 😊.
We're looking forward to working with you!

