

COUCH 2 5K IN 2K

While the Covid-19 pandemic has, temporarily, changed our world and our lives, there are still opportunities to work on improving our health & well-being.

Join Team LeisureWorld, led by our couch to 5K expert Austin Twomey, as we kick-off our customised 8-week Couch to 5K in 2K programme that aims to guide you towards completing your first 5K run.

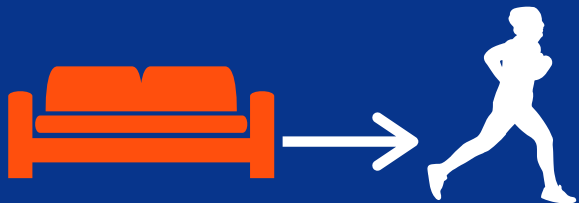
*Stay connected with us throughout your journey! Take a selfie on your run or post your time. Tag us on Social media and use **#Couch25kin2k***



[@leisureworldhq](https://www.instagram.com/leisureworldhq)



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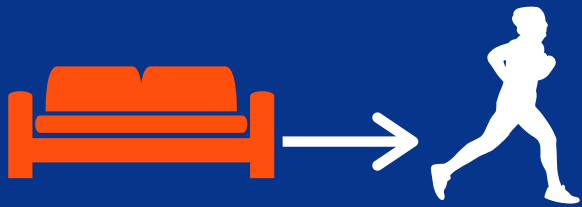


Austin | 32 | Lifetime in sports | One bad hip|

I have always enjoyed running and the unbelievable feelings of accomplishment and positivity it brings to me. That is the same for all forms of exercise for me! I play/manage a junior soccer team, I have played Basketball, GAA and did some cross country running in school and taken part in road races here in Cork and London. Currently I am the gym coordinator in LeisureWorld Bishopstown and have led the Couch to 5k in conjunction with Corks Sports Partnership in Bishopstown for the past 2 years.

All I want for you from this is to give yourself a chance and to stick with the process of training consistently and to not beat yourself up if you don't progress quick enough.

*And remember...
EveryBody Belongs!*



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GETTING STARTED

When following this programme, you are **committing** to following Government regulations and practicing Social distancing i.e. Stay within a 2km Radius and stay 2 metres away from everyone.

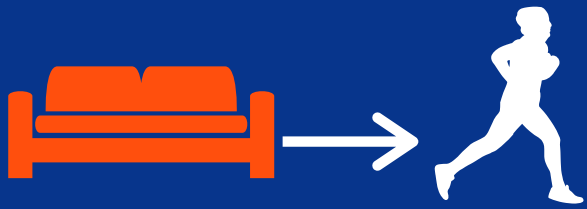
**Please allow enough distance to all runners/walkers*

Please use the website www.2kmfromhome.com when planning your routes. Use plotaroute.com for ideas.

We also suggest using a Route tracker App such as **MapMyRun** or **Strava** so you can stay on track for distance.

What else do I need?

Comfortable gym clothes and a pair of runners



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IMPORTANT NOTES

If you have any medical conditions or have not exercised in a long time, consult your GP before beginning a new exercise regime

Rest days are a rest from running; however, you can still move about, do some stretching and get out for a walk to aid recovery between sessions.

You can change up the days to suit your lifestyle but try to stick to the format of 3 running days per week.

Remember to listen to your body throughout the plan, if you feel ill or tired then rest.