



What is the Run Newtownabbey, Couch to 5K program?

The Run Newtownabbey Couch to 5K is a training program to help people go from a sedentary lifestyle to running a 5-kilometer race (3.1 miles) in just nine weeks. It's a beginner-friendly program that gradually increases your running time while giving you plenty of rest and recovery time in between. Our Couch to 5k program is based on The NHS Couch to 5K program that is designed to help people gradually increase their running ability and fitness levels.

Who leads the Run Newtownabbey Couch to 5k Program?

The program is lead by UK qualified coaches and assistants from local Athletics Club, Mallusk Harriers. Many members of Mallusk Harriers have successfully completed previous Couch to 5k programs.

Why should I participate in Couch to 5K?

Participating in Couch to 5K has several benefits, including:

1. Improved cardiovascular health: Regular exercise can help lower your risk of heart disease and improve your overall cardiovascular health.
2. Weight loss: Running is a great way to burn calories and lose weight.
3. Stress relief: Exercise releases endorphins, which can help reduce stress and anxiety.
4. Increased energy: Regular exercise can boost your energy levels and make you feel more alert and focused.
5. Sense of accomplishment: Completing a 5K can be a great achievement and boost your self-confidence.

How does the program work with Run Newtownabbey?

Couch to 5K is a nine-week program that includes three workouts per week. Two of these workouts will be coach led in a group session, with one session being completed in your own time. Each workout consists of a warm-up, running intervals, and a cool-down. In the first week, you'll alternate between running for 60 seconds

and walking for 90 seconds. Each week, the running intervals gradually increase while the walking intervals decrease until you're able to run for 30 minutes straight.

How much does it cost and how do I register?

Register is completed using the [Club Membership Mojo link](#) and costs £20 for the nine-week course. Upon completion of the course and the 5k program you will receive a certificate and t-shirt to mark the graduation.

What do I need to participate?

To participate in Couch to 5K, you'll need a good pair of running shoes and comfortable workout clothes, including a light rain jacket. It's also helpful to have a stopwatch or a smartphone app to track your running intervals. This will allow you to gauge improvements.

Should I speak to a doctor?

It's always a good idea to consult with a doctor before starting any new exercise program, especially if you have any underlying health conditions or are not used to regular physical activity.

Here are some reasons why you may want to see a doctor before starting a Couch to 5K program:

1. You have a history of heart disease or other cardiovascular issues.
2. You have a history of breathing problems or asthma.
3. You have a history of joint pain or injuries.
4. You are over the age of 40 and/or have not exercised regularly in a long time.
5. You are currently taking medication that affects your heart rate or blood pressure.

Your doctor can help you determine whether it's safe for you to start a Couch to 5K program and may be able to provide guidance on how to exercise safely and prevent injury.

Even if you don't have any underlying health issues, it's always a good idea to start slowly and gradually increase the intensity of your workouts over time. Remember to listen to your body, take rest days when needed, and seek medical attention if you experience any unusual symptoms or pain during exercise.

The Couch to 5K program is a great way to get started with running, and it's suitable for people of all fitness levels. If you have any concerns about your ability to participate in the program, it's a good idea to consult with a doctor before starting.

Can my children take part in the Couch to 5k Program?

The Couch to 5K program can be a great way for families to get active together and promote healthy habits. However, before starting the program with your child, it's important to consider a few factors.

First, the Couch to 5K program is designed for adults and may not be appropriate for children under a certain age. Children's bodies are still growing and developing, and their fitness needs may be different from those of adults. It's important to consult with your child's doctor to determine whether the program is safe and appropriate for your child.

Second, if your child is interested in participating, it's important to take their individual fitness level and abilities into account. Children may not be able to run for as long or as far as adults and may need to take more frequent breaks. It's important to listen to your child's body and let them set the pace.

Third, it's important to make sure your child is properly equipped with appropriate shoes and clothing. Children's shoes should fit properly and provide adequate support for running, and clothing should be comfortable and allow for a full range of motion.

If your child is interested in taking part in the sport, Mallusk Harriers have a junior section which train every Tuesday.

Overall, with proper guidance and consideration, the Couch to 5K program can be a great way for families to get active together and promote healthy habits.

What if I can't make all the sessions?

The Coaching team will work with you to help you achieve your goals across the eight weeks. We realise that sometimes it's difficult to fit everything in and if you miss a few sessions, it shouldn't matter. The most important thing is to try and be consistent as you can be throughout the eight weeks.

What if I can't make the graduation day?

Graduation takes place at Valley Park Run, Newtownabbey which happens every Saturday Morning at 9:30am. We will work with you to ensure you graduate for the course. Many previous participants have graduated on a different date to the main graduation.