

JERSEY JOGGERS



INFORMATION SHEET – JANUARY 2020

COUCH TO 5k

Couch to 5k programme

Commences Tuesday 21st January 2020 (subject to any late changes). Meet, ready to go, at the Burger Bar (Kiosk) at Bel Royal. Parking will be at a premium so you should consider parking at the layby after the Millbrook traffic lights. Meet at the shelter and be ready to go by 6.30pm.

This is a programme entailing three runs a week – Tuesdays, Thursdays and one more, unaccompanied or with a running buddy, in your own time. If you can't make a session then try to fit it in before the next planned run.

The programme takes nine weeks. On Thursday 19th March we'll all run a measured 5k course and celebrate with a glass of bubbly and optional meal – more details much later.

What is the programme?

The C25K is a well-proven walk/jog programme which gradually builds up your ability week by week. I prefer not to give out the full schedule at the outset – let's do one week at a time. To give you an idea, Week 1 will be

Warm-Up
Jog 60sec
Walk 90sec
Repeat x 8
Stretch

Important

We usually have a 60%-70% dropout rate over the nine weeks. Running is an endurance sport. If you are going to quit at the first sign of discomfort, or if it's raining and windy, best not to sign up.

Will I be too slow?

NO! Absolutely not. One of the key features of this programme is that it is done within your ability range. You'll probably be surprised at how slowly I insist you go, especially at the outset. That way you complete the session and you look forward to the next one rather than dread it.

That looks too easy for me!

For some of you that have done some running that may be the case. Chill and enjoy! I'm going to insist on holding you back in the first few weeks. However, as the weeks go by you'll get the chance to stretch out a bit if you feel the need to do so.

What to wear? Essentials

1. Running shoes or cross-trainers that fit! Don't spend a fortune on top-of-the-range shoes.
2. Ladies, a sports bra.

3. Clothing to suit the weather. As most of this programme will take place along the Avenue you'll know that it can get cold, wet and windy and we run in all weathers – snow and ice (and the occasional flood) maybe excepted.
4. Very important – a hi-vis tabard or bib to be seen in the dark. Even better, reflectors, flashers, head/chest torch. I'm continually amazed how many runners ignore this and are virtually invisible to other users, especially bikes.

Optional

A running watch or digital watch with stopwatch function – you can get the latter very cheaply. I hear that there are now things called smartphones with apps that do a similar job! You'll need one if you're doing a session on your own.

Keep a diary

Log your progress – it's a great motivator.

How much does it cost?

Nothing. Rien. Zip. Nada. Nic. There's no hook either. Jersey Joggers is all about getting adults active and making running part of a healthy lifestyle. That's priceless.

A word about weight loss

Running/jogging is way easier if you clean up your diet. If this applies to you, here's a great chance to kill two birds with one stone.

Up front, losing weight is maybe 80% change in diet, 20% increased exercise such as running. For each mile you cover you will use approximately 100 calories. So, if one of your goals is weight loss, then you'll need to adjust your diet at the same time. You will feel great if you avoid processed foods and eat plenty of fruit and veg.

The programme will include, with a weekly Newsletter, nutrition pointers. If you adopt even a few of these you will inevitably lose weight if that is your goal.

But beware. Running has the effect of replacing fat with muscle, which weighs more, so you may feel disappointed. What you will certainly get however are changes in body shape and a great feeling of wellbeing.

Coaching and mentoring

Like it or not, you're going to be coached. There are plenty of mistakes to be made when starting out running – I made all of them. And there are ways to run properly and to avoid injury. I'll try and pass those on to you in time.

I've been coaching track & field and running for many a year and I've got the relevant qualifications from UK Athletics and Run England. I've led many C25k courses – this is the 10th for Jersey Joggers. I've finished three marathons plus any number of shorter races. There's no reason why any of you can't aspire to taking your running much further, but the trick is to do it gradually.

I'm always happy to advise people on running. However, be aware that there are other good coaches and runners out there and a whole heap of information is available. You'll find that there are always a few of our regular Jersey Joggers on hand to help out on our sessions. They were all beginners once and are in a good position to help and advise.

I'm always looking out for people that may themselves wish to become leaders. You'll need the relevant Run England qualification (Leadership in Running Fitness) which means doing a day course in the UK. Let me know if you're interested.

Formalities

As few as possible. However I do need, for insurance purposes, the Disclaimer and Personal Details form filled out and returned. Download it from www.backontherock.com/jersey-joggers. *If you are receiving the weekly e-Newsletter then you will most likely have filled one out already.* (Despite what it says at the bottom I am not accepting buggies 😊) This will also trigger your weekly Newsletter.

Can I bring a friend/my Mum?

Yes, all adults are welcome providing they are in reasonable health and have a resolve to progress. Children 12+ welcome but accompanied by a responsible parent/guardian.

Social media

Find us and 'like' us on [Facebook](#).

Contact

Me at jerseyjoggers@gmx.co.uk or tel. 07797 741218 evenings/weekends.

And finally

Jersey Joggers started life in January 2013 with a successful Couch to 5k programme. Since then our C25k graduates have met and jogged socially and will continue to do so. There's no expectation on anyone and our joggers dip in and out as they wish. You will continue to receive the weekly e-Newsletter until you opt out.

Look forward to seeing you soon.

Roy McCarthy

www.backontherock.com

