



SEASON 17: FEBRUARY 2021

DETAILS & DATES: cost, training options, key dates & next steps!

Beat the Couch is a beginners running program that aims to get people who are currently unfit (or who have a lower level of fitness) off the couch and 5k fit in 10 weeks. It's brought to you by Natural Nutrition & Waterfront Wellness and includes lots of nutrition support too. We're now on Season 17, with over 950 people completing the challenge so far – and you can be next! As always, we're aiming for a big crowd with lots of new faces and of course grads from previous programs too. If you are looking for way to get your fitness started (or re-started) with amazing people and tons of camaraderie, then this is for you!

Season 17 will run as usual with an amazing coaching team, including Sergio White (who has been with us since day 1) and Dawn Berry, Graham Smith and Yves Paul from the Waterfront Gym too! Dawn, Graham and Yves began working with us in Season 14 and we had a phenomenal response. We also have chiropractic support from all the doctors at Spine and Sport - Reid, Kyle, Danielle & Craig – formerly Inside Out Wellness Centre. The whole team have been incredible allies in injury prevention and rehabilitation. Collectively our trainers and chiropractors have a HUGE amount of experience coaching beginner runners so you're in extremely good hands! You'll also have social training options and expert nutrition guidance as usual from me (Catherine Burns).

BTC Kids: If you have a 12-year-old or above that would like to take part, we are happy to accommodate them free of charge (10 places available.) They must take part alongside a fee-paying adult who needs to be responsible for bringing them to training.

COVID-19 policy – please note the following!

- No training group will exceed maximum group size for outdoor gatherings (as per Gov guidelines)
- If Bermuda regresses through phases, we will adjust group sizes accordingly and allocate extra trainers
- You will be given guidelines at launch night re social distancing protocols during training
- On race day, if our group size exceeds the maximum allowed, then we will do race day in “shifts”. We did this for Season 16 and it worked amazingly well! We also had some people participating virtually.
- If we enter another phase of “Shelter in Place” (SIP), then training will continue on WhatsApp until we're able to resume; we will have a completely virtual race day (if necessary). In the event of SIP, prior to the end of week 3, you will be allowed to retake free of charge (no refunds.) After week 3, there will be no refunds or free retakes but you will have virtual support and we will keep you going, don't worry!
- If you travel overseas, or if you live with someone who returns from travel overseas, then you are requested to test and not to come to training in person until you have your third negative COVID-19 test result. You will be able to maintain training with the podcasts. Failure to comply will result in termination from the program with no refund. This is for the sake of everyone's comfort and safety! 😊
- Please note that your agreement to these terms requires a signature in your sign-up document



COST

\$397 for first-time individuals, \$367 for teams (per person, two people minimum) and \$347 for Waterfront Wellness members, Waterfront Group staff, Spine & Sport clients, Catherine's nutrition clients and BTC Grads from any season. There is a payment plan available if necessary. Cost includes:

- Introductory seminar – program 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 motivational newsletter with updates, recipes and running/chiro tips
- Race day prep seminar
- 5k race shirt and race 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 lots of flexibility and you should be able to swap sessions if need be, especially after the first few weeks. We have never had to say no so far!

Training options:

Monday nights 6.45pm (Yves Paul) meet at Bulls Head Car Park

Tuesday mornings 6.45am (Sergio White) meet at Bulls Head Car Park

Tuesday nights 6.45pm (Sergio White) meet at Bulls Head Car Park

Wednesday lunch 12.45pm (Dawn Berry) meet at Waterfront Gym (in the plaza above Miles, Pitts Bay Rd)

Wednesday nights 6.45pm (Graham Frith) meet at Bulls Head Car Park

Thursday mornings 6.45am (Sergio White) meet at Bull's Head Car Park

Thursday nights 6.45pm (Catherine Burns*) meet at Bulls Head Car Park

Friday lunchtimes 12.45pm (Graham Frith) meet at Waterfront Gym (in the plaza above Miles, Pitts Bay Rd)

Saturday morning RUNNING CLINIC 9.30am (Dawn Berry) in the Botanical Gdns

Sunday morning RUNNING CLINIC 8.30am (Catherine Burns*) at Horseshoe Bay

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

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.

*Social trainer:

Catherine 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 your professional trainers or book in with one of our chiropractors!

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.

KEY DATES:

Programme build-up:

Thursday 25th February	Registration deadline
Friday 26th February	Introductory seminar Programme structure, running basics, kit tips 6pm online via Zoom
Friday 26th February	<u>Drop-in</u> day for biometric tracking (optional) – takes 5-10 minutes Weight, percentage body fat, inch measurements 8.30am – 11.30am and 12noon to 2pm at Waterfront Wellness
Saturday 13th March	Nutrition & Chiropractic seminar (snacks provided!) 11.00 – 12.00pm Nutrition: Optimize your diet to support your training Chiro: Protocols for injury prevention Venue: TBD



Training starts:

<u>Week commencing</u>	<u>Training stage and biometric tracking</u>
March 1st	Training week 1
March 8th	Training week 2 Biometric drop in (1) Weds March 10 th , 12.30-2pm - optional
March 15th	Training week 3
March 22nd	Training week 4 Biometric/nutrition drop in (2) Weds March 17 th , 12.30-2pm - optional
March 29th	Training week 5
April 5th	Training week 6 Biometric/nutrition drop in (3) Weds April 7 th , 12.30-2pm - optional
April 12th	Training week 7
April 19th	Training week 8 Biometric/nutrition drop in (4) Weds April 21 st , 12.30-2pm – optional
April 26th	Training week 9
May 3rd	Training week 10 (buffer/race prep week)



Closing events:

Thurs May 6th	Pre-event pep talk and preparation T-shirt pick up 1hr at 6.00pm Venue: TBD
Sun May 9th	5K race day – Beat the Couch!
Tues May 11th	Final biometric/nutrition drop in (5), 10.30-12.30pm – optional
Thurs May 13th	Awards & After Party! 1hr at 6.00pm Venue: The Waterfront, 90 Pitts Bay Road

NEXT STEPS

If you have questions, please contact Catherine at Catherine@thewaterfront.bm or by calling 505-4725.

When you are ready to SIGN UP, please complete the online registration form at <http://www.natural.bm/beat-the-couch-1>. Please note that your payment secures your place. Spaces may be limited.

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 one of our chiropractors (Spine & Sport 296-2225) for a screening. Don't be put off by this as most people are able to proceed 😊. We're looking forward to working with you!

