



SEASON 18: FEBRUARY 2022

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 Waterfront Wellness and includes lots of nutrition support too. We're now on Season 18, with over 1000 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 18 will run as usual with an amazing coaching team, including Sergio White (who has been with us since day 1) and Graham Smith, Yves Paul and - NEW! – Christina Dotson, all from Waterfront Wellness. Graham and Yves began working with us in Season 14 and we had a phenomenal response. Many of you may know Christina from her Studio One/Magnum days. She's a huge asset to the team and a very experienced runner, having run three ultra-marathons herself.

We also have chiropractic support from all the doctors at Spine and Sport - Reid, Kyle, Dusty & 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. Please contact Catherine for pre-approval.

COVID-19 policy – please note the following!

- No training group will exceed maximum group size for outdoor gatherings (as per Gov guidelines). We will keep an eye on sign-up numbers and split the group if need be.
- You will be given guidelines at launch night re social distancing protocols during training. Essentially we follow all distancing guidelines. You will NOT be wearing masks when exercising but you will be at safe distance from each other.
- On race day, if our group size exceeds the maximum allowed, then we will do race day in "shifts". We did this for Seasons 16/17 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 may return to training as follows
IMMUNISED: Negative arrival test
UNIMMUNISED: Negative day 14 test
- Failure to comply with covid/travel guidelines 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 Properties tenants, 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
- Injury prevention seminar
- 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 (Graham Frith) meet at Waterfront Gym (in the plaza above Miles, Pitts Bay Rd)

Wednesday nights 6.45pm (Christina Dotson) meet at Bulls Head Car Park

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

Thursday nights 6.00pm (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 (Christina Dotson) 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:

Wednesday 16th February Registration deadline

Thursday 17th February Introductory seminar
Programme structure, running basics, kit tips
6pm online (Potentially in-person)

Friday 18th February Drop-in days for biometric tracking (optional) – takes 5-10 minutes
& **Sat 19th** Weight, percentage body fat, inch measurements

12.30-2.30pm FRIDAY and 10.30-12.30pm SATURDAY at Waterfront Wellness

Saturday 25th February

Nutrition & Stretching seminar (snacks provided!)

11.00 – 12.00pm

Nutrition: Optimize your diet to support your training

Stretching: Protocols for injury prevention

Venue: TBD

Training starts:

Week commencing

Training stage and biometric tracking

February 21st

Training week 1

February 28th

Training week 2

Biometric drop in (1) Weds March 2nd, 12.30-2pm - optional

March 7th

Training week 3

March 14th

Training week 4

Biometric/nutrition drop in (2) Weds March 16th, 12.30-2pm - optional

March 21st

Training week 5

March 28th

Training week 6

Biometric/nutrition drop in (3) Weds March 30th, 12.30-2pm - optional

April 4th

Training week 7

April 11th

Training week 8

Biometric/nutrition drop in (4) Weds April 13th, 12.30-2pm – optional

April 18th Training week 9

April 25th Training week 10 (buffer/race prep week)

Closing events:

Thurs April 28th Pre-event pep talk and preparation
T-shirt pick up
1hr at 6.00pm
Venue: The Waterfront, 90 Pitts Bay Road

Sun May 1st 5K race day – Beat the Couch!

Tues May 3rd Final biometric/nutrition drop in (5), 10.30-12.30pm – optional

Thurs May 5th 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 298-3767.

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!

GYM BOOSTER! (Amazing deal to get your fitness started NOW!)

Are you so ready to get going that you want to start NOW? Or are you feeling nervous about being a beginner? If so, with your purchase of BTC18, you're welcome to join Waterfront Wellness for just \$35 a week (it's a pretty amazing deal as monthly memberships usually start at \$170!) We'll tailor your membership with gentle strength, cardio and mobility training so that you are warmed up and ready for BTC in February. We've made this a weekly rate though so that you can get started any time before or during your Beat the Couch journey. This offer stands until race day on May 1st. For more information on Waterfront Wellness go to www.waterfrontwellness/gym-facility - we'd love to see you there!

Ends.