



SEASON 21 BEAT THE COUCH

October - December 2023

PROVISIONAL DETAILS + DATES

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 21, with over 1180 people completing the challenge so far – 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 21 will run as usual with a fantastic coaching team, including Sergio White (who has been with us since day 1) and Graham Frith + Christina Dotson from Waterfront Wellness. Graham began working with us in Season 14 and we had a phenomenal response. Christina joined us for Season 18 and everyone loves her! 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're also really excited to continue working with Betty Doyling who joined the team in Season 20! She has tons of experience helping beginners of all shapes and sizes get fit. She has extensive running know-how and will be an amazing support to you all.

Further, we continue to have chiropractic care from all the doctors at Spine and Sport – Dr Reid, Dr Kyle, Dr Craig, Dr Katie and Dr Katelyn. The whole team have been incredible allies in injury prevention and rehabilitation. Collectively our trainers and chiropractors have a massive 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.

COSTS + TRAINING OPTIONS →

COST

First-time individuals	\$397
Teams (per person)	\$367
Waterfront Wellness Members, Waterfront Properties tenants, Spine & Sport clients, Catherine's nutrition clients + BTC Grads from any season.	\$347

If the \$347 rate applies to you and you are on a team, you just pay the \$347. There is a payment plan available if necessary – please see the link online and make sure you have approval from Catherine.

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 /week (30 sessions total)
- Weekly motivational newsletter (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 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 (although some people do make that work!)

GROUP TRAINING SCHEDULE



GROUP TRAINING SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
	6:45AM Sergio		6:45AM Sergio		9:30AM Christina	8:30AM Catherine
		12:50PM Graham		12:50PM Graham		
6:30PM Betty	6:45PM Sergio	6:45PM Christina	6:00PM Catherine*			

BULLS HEAD

The top floor (open air) unless it's raining, in which case the top COVERED floor!

WATERFRONT GYM

Please park in the basement level of Miles car park, walk up the steps by Miles and cross the plaza to Waterfront Wellness (just further on from the Butterfield ATM) OR just go straight to Barr's Park.

BOTANICAL GARDENS

RUNNING CLINIC

Smaller middle car park by the Visitors Centre.

HORSESHOE BAY

RUNNING CLINIC

+ Beach Clean Up
By the entrance to the Rum Bar.

***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!

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.

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

Wednesday, 27th September Registration Deadline

Thursday, 28th September Introductory Seminar
Programme structure, running basics, kit tips
7PM - in person at The Waterfront in Hamilton

MORE DATES



MORE DATES

Various Dates	Drop in days for biometric tracking (optional) -10 mins
TBD	Weight, percentage body fat inch measurements Book here: https://waterfrontwellness.practicebetter.io/ Select 'Beat the Couch Starting Biometrics' At Waterfront Wellness (NW corner of The Waterfront courtyard, next to BNTB ATM)
Saturday TBD	Nutrition + Stretching Seminar 11AM - 12.30PM (snacks provided!) Nutrition: Optimise your diet to support your training Stretching: Protocols for injury prevention Venue: The Waterfront, 90 Pitts Bay Road
Week of October 2nd	Training Starts! and continues until December 8th
CLOSING EVENTS	
Thursday, 7th December	Pre-event talk + preparation T-shirt pick up 7PM (1hr) Venue: The Waterfront, 90 Pitts Bay Road
Sunday, 10th December	5K RACE DAY - Beat the Couch! 8AM - Jingle Bell Run / Red Cross Fundraiser
Wednesday, 13th December	Final Biometric / Nutrition Drop in
Thursday, 14th December	Awards + Afterparty! 7PM (1hr) Venue: The Waterfront, 90 Pitts Bay Road

PARTICIPATION OPTIONS

Individuals: Many people take part in Beat the Couch independently. Training is always fun and you will likely make new friends along the way. Lots of people turn up by themselves and feel excited/nervous. There will be plenty of people in the same boat!

Teams: We also have plenty of friends, family and corporate groups taking part as teams – it's a good way to add extra accountability and motivation. Both the Friends & Family Cup and the Corporate Cup up for grabs. These are big shiny trophies and great for showing off at home or in your office. Your name will get added to the trophy and passed around for many seasons to come. The Season 20 Friends & Family Cup was won by team "Run and Dun" (bottom left.) The Corporate Cup was won by Ocorian (bottom right) and has previously been in the hands of Deloitte, BTC/Digicel, SunLife International, Mid Ocean Club, XL, KPMG and PWC. Cups are awarded on a points-based system for participation (turning up to training), team spirit, progress and race day performance. Points are heavily weighted in favour of participation, progress and team spirit.

ADDITIONAL AWARDS

As well as the Friends & Family and Corporate Cup, we have the following awards up for grabs: Fastest Male/Female, 5 x Coach Awards (each coach chooses someone who has shown particular progress and positivity), the Team Spirit award and the Against All Odds award.



TEAM RUN + DUN



TEAM OCORIAN

GRADUATES

Grads have two choices! If your running has dwindled, you might like to start from scratch (and that's fine!) If you are consistently able to run 20 minutes then you can still participate for accountability but with a slightly elevated plan, designed by Christina. Please register as a grad on the usual links, but email Christina so she can share the details with you: Christina@waterfrontwellness.bm

NEXT STEPS

If you have questions, please contact Catherine@waterfrontwellness.bm or by calling 298-3767.

When you are ready to SIGN UP, please complete the online registration form at: <https://www.waterfrontwellness.bm/beat-the-couch>

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 J. We're looking forward to working with you!

DETAILED CALENDAR



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	MON	TUES	WED	THU	FRI	SAT	SUN
	25	26	27	28 7PM Intro Seminar Programme Structure + Tips	29	30	1
							OCTOBER
WEEK 1	2	3 Training Starts!	4	5	6	7	8
WEEK 2	9	10	11	12	13	14 11 - 12:30AM Nutrition + Stretching Seminar	15
WEEK 3	16 Biometric / Nutrition Drop in Week (1)	17	18	19	20	21	22
WEEK 4	23	24	25	26	27	28	29
WEEK 5	30 Biometric / Nutrition Drop in Week (2)	31	1 NOVEMBER	2	3	4	5
WEEK 6	6	7	8	9	10	11	12
WEEK 7	13 Biometric / Nutrition Drop in Week (3)	14	15	16	17	18	19
WEEK 8	20	21	22	23	24	25	26
WEEK 9	27 Biometric / Nutrition Drop in Week (4)	28	29	30	1 DECEMBER	2	3
WEEK 10	4 Buffer / Race Day Prep!	5	6	7 7PM Pre-event Talk + Preparation TShirt Pick-up	8	9	10 8AM RACE DAY!
	11	12	13 Final Biometric / Nutrition Drop-in	14 7PM Awards + Afterparty!	15	16	17