

## WOMEN'S COUCH TO 3K

### Overview

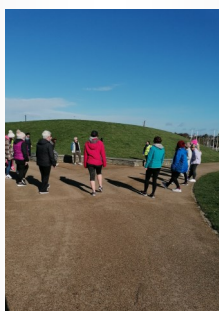
Our free 6 week Couch to 3K programme was aimed at women, and women from marginalised groups. The commencement of the programme coincided with Women In Sport week. We wanted to give women the opportunity and access to a running programme, and a support group where they could reach the goal of running or walking 3K, especially women who had never tried before.

### Aims

To increase women's cardiovascular fitness, provide social opportunities, break down barriers between groups, encourage women to use local amenities, a Whatsapp group was created among the group to increase group socialisation outside of the group on Tuesdays mornings.

### Implementation

Min Ryan Park in Wexford was chosen as the location as there was easy access, parking and toilets available, a coffee shop on site and also due to the flat surface. Sports Active Wexford liaised with Triathlon Ireland and Wexford Local Development to deliver the programme. It was advertised on social media, newsletter and local newspaper. Participants registered by emailing Wexford Local Development and numbers were limited. The programme commenced on 7th March during Women in Sport Week and continued once per week for 6 weeks. We had approximately 12 participants registered ranging in age from 35 - 65+. The ladies were also given homework to do each week. It was delivered by Sports Active Wexford Development Officer and a Development Officer from Triathlon Ireland. The participants completed a 3km walk/job/run at the very end of the programme.



### Feedback

"When I started with this couch to 3km group back early March, I found it hard running for even 2 mins at a time. I found it great following the program with a group, easier to stay going, everyone pushing on everyone else, and it encouraged me to keep doing a bit at home. Well today I completed a 5km run in Stoneyford. I had to walk for I'd say 1km in the middle as the first 2.5 - 3 km was a steady gentle hill and I was only used to running on flat ground! But I still managed to complete the 5km in 39.54. there's no way I would have stuck with training for today if it weren't for the group run on Tuesday mornings! So thanks to each and every one of you and to the organisers of this group. My running is part of my life now, my next goal will be to break 35mins for 5km but that's a little bit down the road yet.... "

### Outcomes

Sports Active Wexford have now partnered with DMP Athletics Club to deliver a Couch to 5K programme on their track. There are 21 participants registered now for this programme which commenced on 23rd May. Many of the participants who completed the Couch to 3K programme have now registered for our Couch to 5K. The feedback also shows that the activity is now an integrated part of their lives. We hope the participants will now join the local athletics club and will complete a 5km race after the next programme. Our aims were definitely achieved!