



Staff 'Couch to 5K' Running Programmes

It is the New Year and many of us make resolutions to get more active and healthy.

Why not sign up to one of two **FREE**, 'Couch to 5k' programmes for beginners, with the aim to be able to walk or jog 5k after 10 weeks.

Taking part is a great opportunity to improve your physical health and support your mental wellbeing.

Musgrave Park Hospital Programme

This programme will start on **10 January**, taking place every **Monday** and **Wednesday** at **5.30pm**. Qualified Jog Belfast coaches in partnership with our Health Improvement Team will deliver the programme outside. Participants meet in front of the Mitre Building.

Virtual Programme

The second option is a **virtual** 'Couch to 5K' programme starting on **17 January**. This programme is completed individually, whilst supported by qualified Athletics NI coaches who will email participants weekly training plans, and give ongoing tips and support throughout the programme.

Places are limited and pre-booking is essential for both programmes!

To register for the Musgrave Park Hospital site Couch to 5K, [click here](#).

To register for the virtual Couch to 5K programme, [click here](#).

For further information about the programme, please contact the Health Improvement Team: health.improvement@belfasttrust.hscni.net

