



# How to organise a Couch 2 5k Group



## Form a Leadership Team

Having two or three leaders involved will mean there is less of a burden on any one individual. Leaders could be experienced runners or those interested in completing the Couch 2 5k themselves.



## Promote the Group

Make colleagues aware of your group by using an internal communications channel, notice boards and word of mouth to recruit participants. Create a specific internal communications channel or email list for all participants in the group.



## Download the Plan

Download the 'Couch 2 5k Plan' on [irishheart.ie](http://irishheart.ie) and send to participants. Alternatively, there are plenty of free apps available. If using an app make sure each participant in the group use the same one.



## Have a Brainstorming Session

Once you have a team of leaders, they can create a plan of action. The list below will give you some ideas to discuss.

### 1. When will the group meet?

You will need to allow 35 minutes for the run plus warm up/warm down and then time to change/shower. Consider if there are shower/changing facilities available to the group when meeting, before or after work or at breaktime.

### 2. Where will you meet?

Have a set point for the group to meet.

### 3. Where will you run?

Choose a route that is relatively flat, if possible. Choose a short loop close to the office and complete multiple laps. The plan is based on minutes, not distance and participants will not be running 5km until the end of the plan so you do not need a 5km route.

### 4. How to include remote workers?

Use the specific internal communications channel for the group to allow all participants encourage each other and share questions, tips, videos, photos etc.