



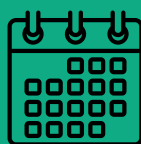
DESK TO 5KM

BEGINNER TRAINING PROGRAMME

LIMERICK
SPORTS PARTNERSHIP
SPORT IRELAND



- 6 Week Beginner Training Programme developed by Athletics Ireland
- Progress from walking- jogging, completing 3 sessions per week
- 'Follow along' podcasts, group sessions, training plans & advice
- Kicks off on the 15th February 2022 until 2nd April
- €10 Registration Fee covers you for access to everything for the 6 weeks



Group Sessions

Tuesday

Thursday



7.15pm

7.15pm



Raheen

Castletroy

Podcasts

Tuesday, Thursday, Saturday

Anytime

Anywhere

Top tips & Advice from experts Joe O' Connor, Lily-Ann O' Hora & more



"the music was great to keep you going, you'd nearly forget your exercising at times when you are singing along"



HSE Mid West
Community Healthcare

<http://limericksports.ie/desk-to-5km/>



SPORT IRELAND
LOCAL SPORTS PARTNERSHIPS