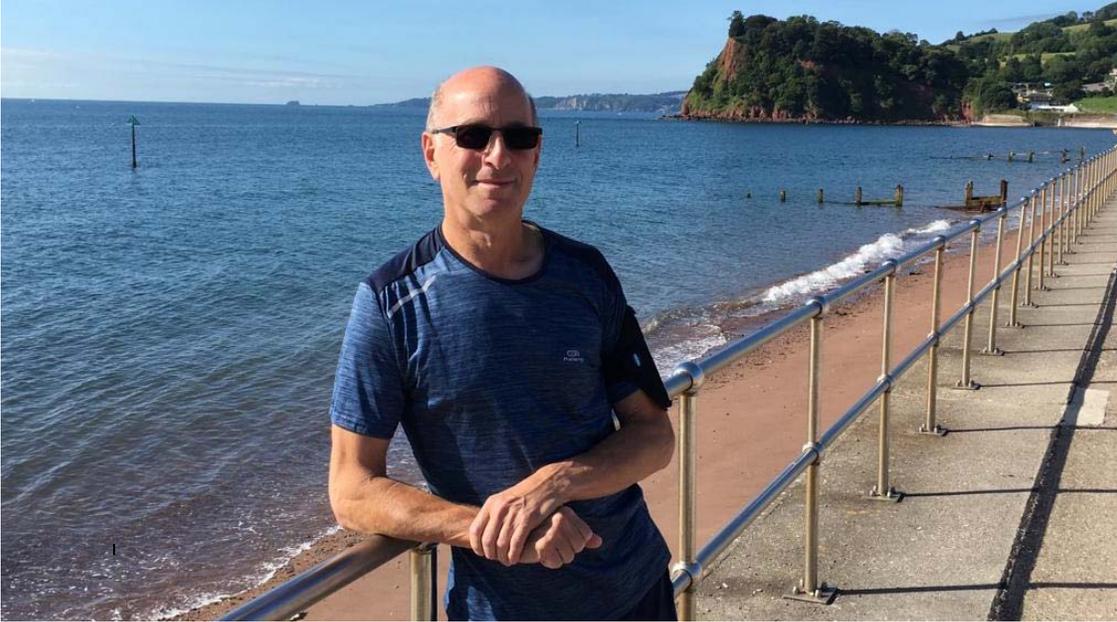


Activity case study



Competing against myself

“Completing my first 5k run felt brilliant. I soon realised my competition wasn’t the others in the group, it was myself.”

65 year old Russell has always been active. He doesn’t drink or smoke. Recently retired, he’s made the most of Devon’s natural environment with canoeing and walking. However, running has always been a bit of a challenge. Russell said,

“I ran the London Marathon in 1983. Back then, we weren’t taught how to run properly and my training only consisted of a 12 mile jog. It was a psychological thing; I thought I’ll never achieve another race like this.”



Social running group

Russell joined a local running group where he soon started the Couch to 5k program. The group had a real social feel; this had a huge impact on his progress each week.

“Before I started the program, I could easily walk 12 miles. However, I’d try to run a mile and have to stop 4 or 5 times! I found breathing a real challenge, but with Couch to 5k I gradually built up my confidence.”

Transformed attitude

Couch to 5k totally transformed Russell’s attitude and ability to run, last week he completed his 31st 5k Parkrun.

“Completing my first 5k run felt brilliant. I soon realised my competition wasn’t the others in the group, it was myself.

Russell’s success was not without challenges along the way. He said,

“The first few weeks of the program were difficult. My breathing was a challenge and I needed to adjust my mindset. Feeling confident was key in order for me to continue and progress each week.”

Give it a go

Having completed Couch to 5k, Russell continues weekly 7-8km runs with his neighbours. Making the most of Devon’s countryside he runs close to the estuary and away from traffic.

“To anyone feeling anxious about starting Couch to 5K, I would say give it a go. You’ll be surprised at what you can do. The program is gentle and does not push you, and you’re never too old to start. There is no reason you won’t achieve it!”