

Forget The Gym.ie

Hello,

It may not feel like May weather just yet, but rumour has it that the warmer days are just around the corner. This month we write to you from Limerick where we are down here supporting the Great Limerick Run. The celebrations are well underway now as the runners enjoy the rewards for their hard training. Check out our photos from our [Roadtrip to Limerick](#).



What's on this May

What can we tempt you with this month?

All Month : [Our Facebook May Challenge](#) - A Plank and a Surprise

Wed 4th : [First-Timers Half Marathon Workshop](#) - Dublin Docklands

Wed 11th : [Lapsed Runners Pop-up Class](#) - Watch Facebook for details

Sat 14th : [Malahide Parkrun](#) (group parkrun and post-run breakfast)

Sat 14th : [Chirunning Class in Malahide](#) - Injury Prevention for Runners (€25)

Mon 16th: [Improvers/Lapsed Runners](#) - New Class Term starts this week

Thurs 19th: [Beginners Running](#) - New Term in Clontarf for beginners.

Sat 21th : [Chirunning Class in Palmerstown](#) - Injury Prevention for Runners(€25)

Marathon Month : [Summer Marathon Programmes : registration open](#)

All Month : [So many runs and races](#) to choose from

Summer Running Classes



Beginners Running in Clontarf : The ONLY BEGINNERS CLASSES this summer will commence in Clontarf on Thursday 19th May. If you are keen to start running this summer with us, this will be your only chance. The next beginners running term will commence in mid autumn. [Don't miss out.](#)

All other running classes: We start a **brand new term on May 16th** - Clontarf and Sandymount. We will be running (excuse the pun) a reduced class schedule this summer so check out the details.

[View timetable and booking form](#)

First Timer Half Marathon



Mary's ONLY [workshop for First Timer Half Marathoners](#) takes place THIS WEDNESDAY 4th May.

Could you be running a half marathon this summer? Get on the right track now...

Since our last newsletter



So much has happened since our last newsletter. We finished off March with lots of our [new runners](#) completing their **first 5k** in parkrun and also at the wonderful St Patrick's day 5k. We have had great **success stories** from our runners at home and abroad - from Canada to Sydney. So many photos, but here are just a few.



We have been busy with lots of **corporate classes and workshops** in companies around Dublin, presented at the [Totally Dublin Live Well Event](#) and have kicked off our season of workshops with the lovely [Sloggers to Joggers](#) in Swords.



We have been filming **pregnancy yoga videos** with the lovely Ruth from [EatLiveSmile](#) and also **getting marathon ready** for all our [summer marathon programmes](#).



In the Press

Mary will continue writing for **The Irish Times** all Summer. Read the latest articles :

Irish Times March: [How to future proof your running](#)

Irish Times April: [Finding the running pace to suit you](#)

Irish Times April: [Tempted by the marathon - read this first](#)

ForgetTheGym Blog : Each month we are getting a little better at adding some new articles to our blog. Check out the [latest blog posts](#).

[The run that changed my life](#) - Mary's story

[Best races of May 2016](#) - Aoife reviews the races

[How to warm up for running](#) - Video blog



Live Videos on Irish Times Running : Be sure to follow [Irish Times Running](#) on Facebook where Mary speaks to other runners and running experts on video discussing all things running.

Thinking of Dublin Marathon?

April was a wonderful month for our marathon runners as we had runners far and wide taking part in marathons from Paris to Rome, Boston to Connemara.



If this has inspired you to run Dublin Marathon this year, our [Dublin Marathon Coaching](#) kicks off in June and booking is now open. Could this be your marathon year?????

No time to run?

Maybe its a busy time for you right now, but we all still do have 2 minutes a day we can take for ourselves. Come join us this May, from the comfort of your own home and [join our challenge](#).



Last chance for Chirunning

Mary will teach just 3 more Chirunning Workshops in the coming weeks before she takes a break for the summer and next workshops will be late autumn/winter. So if you have been keen to join one of these €25 Chirunning Classes, don't miss out on these upcoming dates.



Sat 14th May :[Chirunning Class](#) in Malahide Castle

Sat 21st May :[Chirunning Class](#) in Waterstown Park, Palmerstown

Sat 11th June :[Chirunning Class](#) in St Annes Park, Raheny

[Find out more](#) about how Chirunning can help keep you injury free and let you enjoy running more

Rest of 2016 Plans

We have put together a list of [ALL OUR PLANS FOR 2016](#). You can see all our class schedules and workshop plans right up to Christmas (if you are very organised!).



Set yourself a goal this month and make the the month you stick to it. We are here to help you along the way, so any questions on training plans, tips or advice on races be sure to ask.

Aoife, Mary and Anne xxxx



ForgetTheGym | 086 2391987 | [ForgetTheGym.ie](https://www.ForgetTheGym.ie)

STAY CONNECTED:

