

Plenty new dates for the diary this Spring to help get you motivated



We are half way through February already and thankfully starting to see brighter longer days. We have lots of new plans for Spring 2017 to inspire you to get outdoors.

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## Back from maternity leave



Mary is back in action teaching classes, workshops and planning the running holiday for May. Little Harry is 6 months old now.

*"I'm building back slowly with my own running and learning lots about the post-natal body. Ill be writing about my experience in the coming months."*

*"I'm loving being back at class catching up with everyone. Nothing beats the fresh air to chase away any feeling of tiredness and fatigue."*

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## Dates for your Diary

### Beginners Run Class

New Term Starts 13th March

### Running Weekend Holiday

12-14th May

### Half Marathon Workshop

3rd May

### Improvers Run Class

New Term Starts 13th March

### Chi Running Workshop

Raheny 25th Feb

Malahide 12th Mar

Donabate 8th Apr  
Malahide 27th May  
Raheny 24th Jun

[Dublin Marathon Coaching](#)  
Starts July

[Daily Facebook Challenge](#)  
Join us to keep moving

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## Last Chance for Beginners

Our next (and last for 2017) Beginners Classes start 13th March.

For the rest of the summer we will only have [improvers](#) classes.

[View Beginners Schedule](#)

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## Escape to the Country

Join Mary on her leisurely running weekend away in the Slieve Bloom mountains in Offaly this May. This getaway is for recreational joggers/runners who wish to improve their running technique, avoid injury, get motivated and enjoy running more while getting a chance to explore rural Ireland. [Find out more....](#)



## Running Workshops

Lots of [extra workshop dates](#) are added to Chi Running Schedule for Spring.

Also, if you are planning to run long distance this summer, the dates for the [Half Marathon](#) and [Dublin Marathon Coaching](#) workshops are all up online now too.

14 Health Fitness THE IRISH TIMES  
Tuesday, February 14, 2017

### Love running – it won't let you down

**66**

**Running makes me feel amazing when I'm finished**

**Friendship**  
Conversations in a running pod can be so much more than just talking. On the road, the "running buddies" form a special bond, and you can't help but feel a sense of camaraderie.

**Advice**  
A good and simple rule when you're out on the road is to always have a running buddy. It's not just about having a partner to run with, but also about having someone to talk to when you're feeling a bit down. Running can be a great way to lift your spirits and give you a sense of purpose in your day-to-day life.

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## In the newspaper

Mary will continue to write for The Irish Times throughout 2017.

[Browse Mary's Irish Times Articles](#)

This month....

\* [Valentine's Day - Love Running](#) \*

Here are our articles and blogs you [Most Read in 2016](#)

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## 2017 So Far

January has been a busy month with Chi Running workshops in the beautiful Castletown House, Celbridge and Malahide Castle. Our New Year Classes also kicked off and we are now at week 5 of this term. With races and parkruns every weekend too there have been plenty milestones and personal bests already this year. A great start, and even the January weather has not been too hard on us. Looking forward to the Spring.

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If you have any questions at all about any of our programmes, be sure to [get in touch](#).

[Our 2017 Plans](#)

*Mary, Anne and Aoife xx*

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Sent by mary@forgetthegym.ie in collaboration with



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