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As we launch into the month of March, we have something extra for you. This Free Project is going to help you create a new habit. The habit does not even need to be fitness/health related. We are going to broaden our 'Plank A Day' project to cover all types of habits and over the month share with you the best habit creation and motivation tips. We will inspire you ever day with advice, reminders and support. Have a think about what habit you would like to create...

Find out more about the March New Habit Challenge

Dates for your Diary

March Facebook Challenge
Start 1st March

End of term parkrun
St Anne's Park

Sat 11th March

Beginners Run Class
New Term Starts 13th March

Running Classes
FunRun and SS Classes
New Term Starts 13th March

Chi Running Workshop
Malahide 12th Mar
Donabate 8th Apr
Malahide 27th May
Raheny 24th Jun

Half Marathon Workshop
3rd May

Running Weekend Holiday
12-14th May

Dublin Marathon Coaching
Starts July

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

Mary's Running Holiday

Join Mary for a 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....

Chi Running Workshops

Extra workshop dates are added to Chi Running Schedule for Spring.

The next workshop is **Sunday 12th March** in **Malahide.**

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.

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14 Health Fitness

THE IRISH TIMES
Tuesday, February 28, 2017

Get ready for the hard work: the final stages of pregnancy

Mary Jennings

You are in the third trimester of your pregnancy, so it is only logical that we are at part four of our Fitness and Pregnancy Series

By the start of this third and final trimester of pregnancy, I still found it hard to see beyond the bump and imagine the arrival of a new baby in 12 weeks. It was only when I looked in the rear-view mirror and saw a baby car seat for the first time that reality hit. The excitement was now starting to build.

Excessive gaspacitations

In my naiveté, I had assumed that by 30 weeks' pregnant I would be waddling instead of walking, puffing going up stairs (well that bit was true) and generally feeling swollen, heavy and miserable. Maybe I was lucky or blessed with good genes, but I still felt remarkably comfortable and reasonably mobile and active. Indeed, it was becoming harder to paint my toenails but I could luckily still just about reach them.

It's not a competition

I certainly felt better when moving than sitting still but this was not true for other expectant mums I encountered. In this third trimester, don't try to compete with others. Do what makes you feel good, helps build your confidence and reduces your anxiety. Don't feel guilty for not exercising if your body doesn't feel able. Yoga, baths, massage or moving on a Swiss ball might be more what the body is now craving than your usual exercise routine. Listen to your body.

Nothing from running

My running days came to an end in the early part of this trimester. At the first sign of discomfort I stopped and switched to walking. I had nothing to prove by continuing to the yoga home videos or the breathing exercises I promised myself I would do. It's often easier to keep busy than to take time out. This has always been something I struggled with and now was no different.

Information overload

Up until the third trimester, I avoided delving into the finer details of labour and delivery. I figured that ignorance was bliss. At 30 weeks' pregnant, I took the plunge and finally read those chapters in the books I had avoided so far. My basic knowledge was now enhanced with new vocabulary and an array of advice on episiotomies and epidurals, C-sections and contractions of dilation. There was enough information to keep any first timer anxious about what might happen next.

Managing anxiety

Not matter how much time I spent creating lists for hospital bags and organising baby clothes, I couldn't distract myself from the uncertainty of labour. If I had better discipline to meditate or live in the moment, this might have calmed my nerves. The hospital antenatal classes helped me picture the typical delivery scenario, but I needed something else to remain calm and positive for the months that remained in pregnancy.

Training for the head

I was recommended the Gentle Birth Workshop (GentleBirth.ie) by many of my mum friends. Initially a little sceptical that it might be a bit alternative, we were delighted to see how the principles of sports psychology and event preparation were applied to labour. Becky Durkin's workshop left me feeling positive, confident and run. My focus was to protect my body so that my return to fitness after pregnancy could be possible, gradual and pain free. I wanted to keep as mobile, active, positive and healthy as I could throughout pregnancy. The were plenty of other things I could do instead of run.

The weight of my feet

With the running shoes packed away, the swimming pool became my gym. I enjoyed the feeling of weightlessness and plenty of breaks between lengths. Water provides great relief for many mums in the third trimester as I found when I attended Aileen's aqua natal classes (sunshaybyd@ethenpy.com). With swelling, back pain and general discomfort increasing at this point in pregnancy, many mums-to-be in the class enjoyed the feeling of comfort in the water as well as the fun, camaraderie and pregnancy tips the class offered.

The nesting workout

The nesting hormones were in full flow and I became a very efficient housewife for a few months. I became obsessed with cleaning, decluttering and reorganising. So strong was my motivation, my husband was afraid to sit still for too long for fear that he too may be decluttered. The type of housework is a form of exercise, so it's important to recognise when taking a break might be the right thing.

Trying to rest

Even though rest and relaxation is recommended, for many reasons, be it discomfort, anxiety or generally an inability to sit still, many of us struggle to do nothing. Although I had great intentions, I never prioritised the meditation apps I downloaded, calm, it helped us control what we could but settle into the uncertainty that was inevitable at this point.

The ultimate pregnancy workout

My approach served me well to date and as my due date drew near, I was now ready to meet the little person behind the bump. The finer details of how we would be introduced would remain a mystery for a little longer, but I felt content I had done all I could to prepare my body and my mind for the next adventure.

Next in series: Fitness and a newborn

Mary Jennings is founder and running coach with Forget The Gym.ie. Mary trains beginners and marathoners and everyone in between to enjoy running and stay injury free. Mary is also the creator of all our Irish Times Get Running programmes – Beginners Get Running, Get Running 10k and Get Running Stay Running.

Mary Jennings: feeling mobile and active at 30 weeks' pregnant.
PHOTOGRAPH: CHRIS LUKE

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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....

* Pregnancy Fit in 3rd Trimester *
* Valentine's Day - Love Running *
* There is Something in the Air *

Here are our articles and blogs you Most Read in 2016

Best of February

Another great month behind us. From local parkruns to international running adventures we had runners all over the place. There were great races outside of Dublin too in Wicklow and Meath as you can see in the pics below. Another Chi Running Workshop, this time in the lovely St Annes park in Raheny and agreat month of classes too (if only we had remembered to take some pics of those!). Well done to everyone who got out the door this February. Here's to a great March.

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

Visit our website

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Sent by mary@forgetthegym.ie in collaboration with

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Try it free today