



LCC Around The World

01 Newsletter – 19 March 2021



Target €20,000



€1,329

6%



Next week's spot prizes

- **Donors:** €50 gift voucher.
- **LCC Staff:** Hamper generously gifted by Spar Carpenterstown.
- **All Participants:** Hamper kindly donated by Sheridans Pharmacy.
- **Students:** Class spot prize.

Thank you to the donors, 6% of our target €20,000 has been raised to develop the waste land below into a recreational area for our students to enjoy at lunch and PE times.



To make a donation/sponsorship
www.idonate.ie/LCCAroundTheWorld

Recording distances travelled

We are asking **students and staff** to complete the GoogleForm they will receive on Monday 22 March to record their distances travelled last week. On Monday 22 March **parents, family and friends** are invited to email their distances travelled in the previous week to fundraising@lccgmail.com.

Woodie's



Congratulations!

Breda Keane winner of Woodie's voucher
Jason Cullen Woods, 1st Year Rang Armstrong
winner of Romayo's voucher
Please contact parentscouncil@lccgmail.com
to collect your voucher

1½km Challenge

Those taking the extra challenge to run 1½km, well done, your week 2 training schedule is below. If you didn't find the time to start walking or running last week please join us this week.

Week 2 : Run 1½km Challenge



Monday
22 March

Brisk walk 5 minutes
Alternate 60 seconds jog with 90 seconds brisk walk
8 times
5 minutes easy walk

Tuesday
23 March

20 minutes aerobic activity – walk/easy jog
alternations

Wednesday
24 March

Rest

Thursday
25 March

Brisk walk 5 minutes
Alternate 60 seconds jog with 90 seconds brisk walk
8 times
5 minutes easy walk

Friday
26 March

20 minutes aerobic activity – walk/easy jog
alternations

Saturday
27 March

Rest

Sunday
28 March

Brisk walk 5 minutes
Alternate 60 seconds jog with 60 seconds brisk walk
10 times
5 minutes easy walk

**Warm Up
Stay Hydrated
Cool Down**

Prior to commencing the schedule, you should visit your GP for a health check to ensure you are healthy and injury free and ready to begin your running schedule. If at any point during the programme you are unwell or have any injury issues, you should visit your GP/ physiotherapist.