



Marie Murphy Health & Fitness  
Consultant Exercise & Nutrition Specialist  
Former Irish Olympian (Marathon)  
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## Personalized Training Programmes

**Marathon  
Half Marathon  
5km & 10km**

### Registration Form

First Name

Last Name

Address

Phone

Email

<input type="text"/>	<input type="text"/>
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Choose Training Programme

Marathon <input type="checkbox"/>	Half Marathon <input type="checkbox"/>	5km or 10km <input type="checkbox"/>
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2.4 km

Minutes:	Seconds:
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#### **REGISTRATION FEE: €75**

A fitness evaluation is needed prior to receiving a personalized training programme. Record the time it takes for you to run 2.4km (1.5 mile) and submit time (example 12:45).with registration form and payment to:

Marie Murphy  
81 The Coombe,  
Liberties,  
Dublin 8

To contact Marie Murphy or if you have any questions, please call Mobile: 085 196 5468 or email [murphyprogramme@gmail.com](mailto:murphyprogramme@gmail.com)



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Note\* Payment and fitness evaluation must be submitted 2 weeks before training schedule is issued. Payment is non-refundable.

Murphy METS Programme