

SUNDAY AUGUST 29, 2021

WEEK ONE

MONDAY JULY 5TH – SUNDAY JULY 11TH

WOODLEA SHORT COURSE PROGRAM

MONDAY	REST
TUESDAY	5min walk, 5mins of 1min run/1min walk, 5min walk
WEDNESDAY	REST
THURSDAY	REST
FRIDAY	10 minute walk
SATURDAY	REST
SUNDAY	10 minute walk

LONG COURSE PROGRAM

MONDAY	REST
TUESDAY	5min walk, 3km run (about 20mins), 5min walk
WEDNESDAY	Rest or cross training/ stretching session
THURSDAY	5min walk, 20mins of 1min run/ 1min walk (about 2.5km), 5min walk
FRIDAY	20min walk (2km)
SATURDAY	REST
SUNDAY	10min walk, 5km run (about 30mins), 10min walk

2021 TRAINING PROGRAM

Welcome to the first of eight articles aimed at getting you running ready to participate in the 2021 Herald Sun/Transurban Run for the Kids event. As I am sure you are all aware the date for this year's actual run is Sunday August 29th so put it in your diary now as a fixed goal for you to work towards.

We appreciate your support over what has been a difficult eighteen months and two virtual events so we look forward to seeing you all on the day for what will be two very special runs.

One of the bonuses of COVID-19 has been the opportunity to get out and exercise and if you have done this then you will have developed a basic fitness level which is a great starting point. I always remind people that running is a very specific exercise so whilst other forms of exercise will get you aerobically fitter or stronger or more flexible, to run/walk our events will mean you need to spend time on legs walking or running; that is simply a fact that cannot be ignored.

We again are providing two courses for you to choose from, the longer 14.8km course and the shorter 5.2km option providing a nice challenge for those wanting to be involved but find the longer distance a bit daunting. The atmosphere before and during both events is amazing and the highlight of my year.

Due to the shorter lead in time I am actually providing two separate programs from the get-go rather than the same one for the first few weeks. If in doubt about which run to do, I suggest that you follow the short course program for the first few weeks and see how you are coping. This allows you a little breathing space to pick the right event, so a realistic challenge is set. You might consider yourself to be a fit person but by following the programs you will quickly work out whether you are truly running fit.

For those of you who are familiar with the Run you will see that we have reverted back to the traditional course

routes. The main difference is that the event precinct is in the Docklands and the short course will go over the Bolte Bridge but in the reverse direction to what we did two years ago allowing for a better start & finish line experience and the long course will do the same but continue on through the Domain Tunnel and back via the City to return to the start/finish area at Docklands.

The Event has become a Victorian institution and a 'must do' run on the calendar and I'm sure that the new run date will continue to attract our loyal supporters not only for the uniqueness of the Run but knowing that the majority of your entry fee is contributing to the Good Friday Appeal. It's a team effort and we cannot support the Hospital like we do without you.

Regular followers of my programs will know I always begin by advising people that the first training session is a visit to your local GP to ensure you are in good physical health. Many of you might have already done this alongside getting vaccinated but if not think of it as your annual check-up. This will help you get the maximum benefit from your commitment.

Events like Run for the Kids should be looked upon as the prize for the hard work we do; the destination of a journey made and the journey you are embarking on this first week will prepare you well to enjoy the runs with the added benefit of improving your fitness and wellbeing – I personally find it much easier to keep motivated if there is a goal that I am chasing.

Hopefully, when race day arrives not only will you be ready to run but you might also have made a lifestyle change that will benefit you long after our event is over. Make sure you begin slowly as it is a bit like a marathon over the next eight weeks – the gun has gone off, but the race is not won in the first few kilometres so be patient and stick to the plan.

Steve Moneghetti