

WEEK TWO

MONDAY JULY 12TH – SUNDAY JULY 18TH

WOODLEA SHORT COURSE PROGRAM

MONDAY	REST
TUESDAY	5min walk, 8mins of 1min run/1min walk, 5min walk
WEDNESDAY	REST
THURSDAY	REST
FRIDAY	10 minute walk
SATURDAY	REST
SUNDAY	5min walk, 5min run, 5min walk

LONG COURSE PROGRAM

MONDAY	REST
TUESDAY	5min walk, 4.0km 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, 6km run (about 35mins), 10min walk

2021 TRAINING PROGRAM

If you are reading this then you successfully made it through Week One so congratulations for that. You were probably a bit sore especially if you were starting from a low base of walking or running or from no exercise at all. The idea of training is to get microscopic break down of muscle fibres for which the body then repairs by building these back stronger. It is why rest/recovery or cross training days are so important as that is generally when the rebuild occurs. I often call them absorption days as they are a vital part of any training program and you should never feel guilty for doing them as without them you will most likely get sick or injured. It is a fine line as we transition the training loads between doing enough for your body to improve but not too much that we overload it and you breakdown as a result.

You will notice that for the short course program the sessions set are time based as the main goal for this group is to be able to run or at least run/walk the whole 5.2km distance. It is all about spending time on legs and a focus on finishing whereas for the long course there are distances listed so you get the confidence to know that the 14.8km is not only an achievable distance but that you can do it in a time that is challenging but realistic for you. Whilst the main goal is about finishing, I actually see the overriding aim is to be able to enjoy the runs. I talk about the courses being

spectacular but believe me the views and the company don't mean a lot to you if you are in a world of pain. One of my favourite sayings is that it is all about the journey not the destination and in a quirky way the event start lines are in fact the finish lines because the events are a celebration of the training you have put in to deserve to be on the start lines.

Many of you will have a specific reason for participating but generally we all want to finish the event and be satisfied with our effort. Life is busy for all of us right now and I use my running as a mental break from the daily grind, but I also use it as a personal challenge to push my body hard. The simple fact about walking and running is that the more you do the better you get at it and the more effort you can subsequently put in. It is also the great equaliser because no matter what your background, age, gender or ability if you train consistently then you will improve to a position where you can participate with pride. The summer Olympic Games begin next week and there is no clearer example of this than the athletes who will assemble from across the globe to compete at their best for their countries. Let this be a form of motivation for you across this coming week.

Steve Moneghetti