

SUNDAY AUGUST 29, 2021

WEEK FOUR

MONDAY JULY 26TH – SUNDAY AUGUST 1ST

WOODLEA SHORT COURSE PROGRAM

MONDAY	REST
TUESDAY	5min run/walk to a local oval, 2 x 1 lap of the oval running at a quicker pace or fast walking with a lap walk recovery in between, 5min run/walk back to home or work
WEDNESDAY	REST
THURSDAY	Rest or cross training/stretching session
FRIDAY	15min walk
SATURDAY	REST
SUNDAY	5min walk, 12min run, 5min walk

LONG COURSE PROGRAM

MONDAY	REST
TUESDAY	1km run/walk to a local oval, 4 x 1 fast lap of the oval with a lap jog/walk recovery in between, 1km run/walk back to home or work
WEDNESDAY	Rest or cross training/stretching session
THURSDAY	5min walk, 3.5km run (about 25mins), 5min walk
FRIDAY	20min walk (2km)
SATURDAY	REST
SUNDAY	10min walk, 9km run (about 55mins), 10min walk

2021 TRAINING PROGRAM

Obviously, the end of this week marks the halfway point of our journey to race day. And I say race day because it is just that, a race to the finish line but primarily the race is against yourself. My message is that event day is the public display of all the preparation you have put in over these eight weeks and prior so it should be a celebration as you cross the finish line. But during the event I want you to be as ready as you can be to not only enjoy it but to do your best.

I have stressed the importance of the weekly long run to build up your endurance to complete the distance and this week I have introduced a fast session on Tuesday in both programs to enable you to not only finish but to do it in as short a time as possible. This speed session differentiates you from exercising for fitness to a person who is a legitimate runner. For me this type of training was what made me a world class runner and I still do sessions now to ensure I am able to race as fast as I can. The idea is to do little spurts of running or fast walking at a pace that you want to run in the event or something that is quicker than your current run pace.

By doing this followed by a short recovery you teach your body to get used to running at this new pace and if you do

these sessions regularly then it becomes the normal race pace for you. Obviously, you need a recovery in between because your body hasn't adapted to doing this new pace for an extended period of time yet. It is also good for your confidence to know you can do a quicker speed even if it is only for a short time.

For this week I recommend that you ease into the faster sets as it is probably something new for your body and it will be sore after it. And make sure that the recovery is slower than your normal running pace to maximise the benefit of the quicker work. We are now building a weekly training program with a long run, a speed session and other runs or walks making up a consistent overall week. Although I have written rest days into both programs, they are really days to absorb the training set and have just as important a role as the run days so make sure you give them the respect they deserve.

Using the marathon analogy, we have reached halfway point on our journey and at the end of this week we are turning and beginning to head for home.

Steve Moneghetti