

**SUNDAY AUGUST 29, 2021**

**WEEK FIVE**

**MONDAY AUGUST 2<sup>ND</sup> – SUNDAY AUGUST 8<sup>TH</sup>**

**WOODLEA BEGINNER'S PROGRAM**

MONDAY	REST
TUESDAY	5min run/walk to the start of your hilly section, 5 minutes of faster running/power walking over your hills, 5min run/walk back to home or work
WEDNESDAY	Stretching session or cross training
THURSDAY	Rest or cross training/stretching session
FRIDAY	15min walk
SATURDAY	REST
SUNDAY	5min walk, 15min run, 5min walk

**LONG REGULAR RUNNER PROGRAM**

MONDAY	REST
TUESDAY	2km run/walk to the start of your hilly section, 15 minutes of faster running over your hills, 2km run/walk back to home or work
WEDNESDAY	Cross training or stretching session
THURSDAY	5min walk, 5.0km run (about 30mins), 5min walk
FRIDAY	20min walk (2km)
SATURDAY	REST
SUNDAY	10min walk, 10.0km run (about 60mins), 10min walk

**2021 TRAINING PROGRAM**

It is obviously very disappointing news that we have had to cancel this year's event. But as we are halfway through the training program, I thought it would still be valuable to complete it as it will be great preparation for something like the Nike Melbourne Marathon in October or another running event that you might now be training for.

So, think of it as a general program to help you become a better or more prepared runner for that next race. After the introduction of a speed session last week to help you complete such an event faster than you previously have done it is time to make sure you have no other obstacles to slow you down or take away the enjoyment of that race. It is valuable to introduce hills into any training program as they are definitely a place where you might drop off your expected pace or really struggle if you have not practised them in training.

I always knew I had an advantage over my competitors if the course had some hills as I did them regularly here in Ballarat and I even had a hill course that I did weekly. I have been talking to a lot of runners about the specifics of hill running and what has become obvious is that you need to run up the hill strongly but not so hard that you are done at the top but rather be able to continue over the crest and then actually keep rolling down the other side. Treat the hill as one challenge from the base until you hit level ground on the other side.

After all the race doesn't finish at the top of the hill, it is just one component of the overall course, so you need to train accordingly. Rather than setting hill sprints I want you to find a hilly area near home or work and run it faster than your normal pace, if you are up to walking then this might mean that you power walk this section. For the short course or what is probably now a beginners or welcome back to running program, I have set five minutes of hills and fifteen minutes for the other program suited to the regular runner. You will be sore after doing them for the first time, so I suggest not resting the next day but at the minimum doing some stretching. Some tips for hill running are to lean into the hill a little bit on the way up, shorten stride and pump your arms more then on the downhill swing your arms out wider to balance you up and let yourself go as you lengthen stride to cover more ground.

Even for flat sections of an event or totally flat races, hill training is great value for overall leg development and strength. In all my years of running I have never heard anyone say that hills are a waste of time nor have I heard them say they were easy but what I can assure you is that you will be a better runner for doing them and you will enjoy them a lot come race day. I hope you are still 'up' for the challenge!

*Steve Moneghetti*