

SUNDAY AUGUST 29, 2021

WEEK SIX

MONDAY AUGUST 9TH – SUNDAY AUGUST 15TH

WOODLEA BEGINNER'S PROGRAM

MONDAY	REST
TUESDAY	5min run/walk to your local oval, 3 x 1 lap of the oval running at a quicker pace or fast walking with a lap slow jog or walk in between, 5min run/walk back to home or work
WEDNESDAY	Stretching session or cross training
THURSDAY	15min run/walk
FRIDAY	15min walk
SATURDAY	REST
SUNDAY	5min walk, 20min run, 5min walk

REGULAR RUNNER PROGRAM

MONDAY	REST
TUESDAY	2km run/walk to your local oval, 6 x 1 fast lap of the oval with a lap jog/walk recovery in between, 2km run/walk back to home or work
WEDNESDAY	Cross training or stretching session
THURSDAY	5min walk, 7.0km run (about 40mins), 5min walk
FRIDAY	20min walk (2km)
SATURDAY	REST
SUNDAY	10min walk, 12.0km run (about 70mins), 10min walk

2021 TRAINING PROGRAM

Whilst our planned Run has been cancelled for this year, I don't want you to waste all the good training you have done over the past few weeks, so I am continuing on with our programs. Events will return at some stage and to be fit and ready to participate when they do is important. I am sure you have also noticed the benefits in your physical and mental state throughout the training period and it would be great to continue this lifestyle.

I have changed the names to beginner and regular and I am still directing them to have you complete either a five- or fifteen-kilometre distance at the end of the eight weeks. They form a basic training block that you can retain and re-use in the future or even build on after the eight weeks. This week I have returned to the speed session on Tuesday with more repetitions included in both programs as we are in the critical phase now.

The first three weeks is a transition back then the middle three weeks is where we build a consistent program and the final two weeks is freshening up leading into the event. I have also upped the distance in the long run on Sunday so it is approaching event length, and this will give you the confidence to know that you can make the distance. It should actually be at a slower pace than on the day so you are probably out on the road for a similar

time that it will take to complete the race. Most people train at a faster pace than is necessary and we actually call the long run LSD which means long slow distance and it is all about spending time getting the legs fatigued without stressing your breathing too much. You should feel comfortable in this run and be able to hold a conversation the whole time if you needed to and finish with tired legs. Resting for that day and on Monday allows the body to recover and build up stronger for the next effort. It is my favourite run for the week and is what forms the basis of any distance runner's training program.

The other point to note this week is that the total mileage for the week is roughly twice the distance of your particular event. I always believe that you need to cover at least twice event distance over a week if you realistically think you will be able to finish your race successfully. In my career I regularly did two hundred kilometres a week for my forty-two-kilometre race which is a factor of almost five times event distance, so I certainly come from a position of strength on this point. This week will be the toughest for the whole program so factor in some quality sleep and nutrition to give your body the support that it needs to get through the week well.

Steve Moneghetti