

SUNDAY AUGUST 29, 2021

WEEK SEVEN

MONDAY AUGUST 16TH – SUNDAY AUGUST 22ND

WOODLEA BEGINNER'S PROGRAM

MONDAY	REST
TUESDAY	5min run/walk to the start of your hilly section, 10 minutes of faster running/power walking over your hills, 5min run/walk back to home or work
WEDNESDAY	Stretching session or cross training
THURSDAY	10min run/walk
FRIDAY	15min walk
SATURDAY	REST
SUNDAY	5min walk, 30min run, 5min walk

REGULAR RUNNER PROGRAM

MONDAY	REST
TUESDAY	2km run/walk to the start of your hilly section, 20 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, 15.0km run (about 70mins), 10min walk

2021 TRAINING PROGRAM

Welcome to our penultimate week of the eight-week training programs written to prepare you for your chosen event. Continuing the theme of alternating our quality session on Tuesday I have set the hill run for both programs this week and increased the length of time running over the hills. Remember to focus on completing strongly all three sections of the hill; running up solid, holding over the top and rolling fast down the other side.

For the rest of the week I have reduced the distance of the other runs/walks until we get to Sunday where I have basically set the race distance for you to do. This is both to get your legs used to the distance they will cover and to give you the confidence to know you can. I would be keen for you to do the run under race like conditions so you should pick a course that is similar to the race, wear the shoes, shorts and top that you will don on the day and if you are going to use gels or drinks then make sure you practice using them in this run to ensure everything is okay.

I would even encourage you to eat the meal on Saturday night that you intend to have on race week and get up at the time you will before the race. All this practice normalises the conditions for next week so that you can enjoy the day but also put all your energy into the race rather than using it up due to stress or anxiety.

The focus is obviously on the race distance, but I don't mind if you are feeling good for you to run some bits of it at a quicker pace just to get the legs used to the feeling of what it will be like next week. But make sure it is only a couple of sections because if you overdo it you will not recover by race time and it will be a case of leaving your best work on the training track.

From personal experience, don't expect to feel very good on this run as it was often a slog for me. I just think I didn't have the right mindset for it as it was all about ticking it off and going through a dress rehearsal but with no adrenalin or real motivation around me.....and no medals to chase of course. Still it is one of the final pieces of the puzzle so treat it with the seriousness it deserves.

Steve Moneghetti