

SUNDAY AUGUST 29, 2021

WEEK EIGHT

MONDAY AUGUST 23RD – SUNDAY AUGUST 29TH

WOODLEA BEGINNER'S PROGRAM

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| MONDAY | REST |
| TUESDAY | 5min run/walk to the local oval, 2 medium to fast half laps of the oval with a half lap walk/jog in between, 5min run/walk back to home or work |
| WEDNESDAY | Stretching session or light cross training session |
| THURSDAY | REST |
| FRIDAY | 10min walk |
| SATURDAY | REST |
| SUNDAY | 5.0km Race or Time Trial |

REGULAR RUNNER PROGRAM

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| MONDAY | REST |
| TUESDAY | 1km run/walk to the local oval, 4 medium to fast half laps of the oval with a half lap walk/jog in between (about 2.0km), 1km run/walk back to home or work |
| WEDNESDAY | Stretching session |
| THURSDAY | 5min walk, 3.0km run (about 20mins), 5min walk |
| FRIDAY | 10min walk (1km) |
| SATURDAY | REST |
| SUNDAY | 15.0km Race or Time Trial |

2021 TRAINING PROGRAM

Here we are at the final week of our programs, not what we expected or wanted but such is the pandemic world we live in. This week is all about freshening up your body so it can display the work you have completed over the last couple of months. You will not get any fitter, but you can certainly stay tired so stick to the programs as they are written. There is a tendency to keep pushing on and that will only end up making you feel tired for the race. I like how you have become committed to working hard but believe me now is the time to allow your body to benefit from the work. After all, the race is the reason we have been training in the first place. If you don't have an event selected to finish off this training block, then make it a time trial over the same distance. I wrote my last week of training down separately from my lead in weeks to force me to freshen up. Being a bit obsessive I always felt guilty backing off and worried I would feel sluggish or out of synch doing it but knowing it worked in the past helped me to believe in it. And some people got nervous that they might put on weight or forget how to run but rest assured the nervous energy you will burn this week and just before the race will take care of that. To keep the neural senses working and your legs feeling fast there is a half session to

complete on Tuesday. It is half of what we have been doing and at a more cruising pace just to remind your legs that the race isn't over yet and let you know how well you are going. Forget total mileage for the week and certainly don't go off doing other physical activities with the extra time you have at hand. I always look over a map of the course and make myself familiar with certain spots around it like drink stations, hills, corners or significant landmarks so that on race day I am in control of where I am physically on the course allowing me to focus internally on how I am travelling mentally. If you decide to do a time trial, make sure it is on an area that you know so there are no obstacles or interruptions along the way. There you have it, work done and only the enjoyment of a successful race now to finish off this running journey. Sorry I will not be there to welcome you across the finish line this Sunday but know that I am with you in spirit. I look forward to welcoming you back to the training programs early next year in preparation for the next iteration of the Herald Sun Transurban Run for the Kids in April 2022.

Steve Moneghetti