

## WEEK ONE

MONDAY JANUARY 17<sup>TH</sup> – SUNDAY JANUARY 23<sup>RD</sup>

### SHORT COURSE PROGRAM

MONDAY	REST
TUESDAY	5min walk, 5mins of 1min run/1min walk, 5min walk
WEDNESDAY	REST
THURSDAY	REST
FRIDAY	10 minute walk
SATURDAY	REST
SUNDAY	10 minute walk

### LONG COURSE PROGRAM

MONDAY	REST
TUESDAY	5min walk, 3km run (about 20mins), 5min walk
WEDNESDAY	Rest or cross training/ stretching session
THURSDAY	5min walk, 20mins of 1min run/ 1min walk (about 2.5km), 5min walk
FRIDAY	20min walk (2km)
SATURDAY	REST
SUNDAY	10min walk, 5km run (about 30mins), 10min walk

## 2022 RUN FOR THE KIDS TRAINING PROGRAM

It is great to be able to bring you the first of eleven training articles to help you prepare for the 2022 Herald Sun/Transurban Run for the Kids event to be held on Sunday April 3. It just feels so good to have our actual event back and I can't wait to see you all toeing the start lines, it has been too long. As you probably know I have been the Race Director since the first one back in 2006 and I am incredibly proud to be part of an event which has got so many people active as well as raising significant funds for the Royal Children's Hospital Good Friday Appeal.

The last two years have been like no other but one of the positives to come out of this pandemic is seeing people out exercising regularly. The thing that has been missing is the mass participation events to put all this good work on public display and the feeling you get when walking or running with thousands of other like-minded people. The benefits are threefold – physical, mental and social.

It has been a marathon effort just to get to this point but now that we have a date locked in, I encourage you to enter to give focus to the exercise regime you are doing. Remember our commitment to you that over half of your entry fee will go to the Appeal and by entering now and having a set goal in eleven weeks' time there will be a structure around the training leading in. I am looking forward to working together on the journey we begin today.

I do like to remind people that running is a very specific exercise so whilst other forms of exercise will get you aerobically fit, strong or more flexible, to run/walk our events will mean you need to spend time on legs walking or running; that is simply a fact that cannot be ignored.

As you know we have two courses for you to choose from, the longer 14.8km course and the shorter 5.2km option providing a nice challenge for those wanting to be involved but find the longer distance a bit daunting. The atmosphere before and during both events is amazing and the highlight of my year. I will provide separate programs for each distance as I sense due to COVID that many of you are more advanced this year and the decision about which distance to choose is an easier one to make. For more details on the two courses check out the website when you do your entry.

As regular followers of my programs know I always start by advising people that the first training session is a visit to your GP to make sure you are in good physical health and able to maximise the benefits of your decision. Many of you would have been for your vaccinations and if you are ready for a booster then use the visit to check you are ready to go. After a few weeks of indulging in good food and maybe enjoying a more laid-back lifestyle now is an ideal opportunity to make a positive change that will certainly help you in the short term and possibly for many years to come.

If you are new to running or exercise, make sure you begin very slowly as it will be a bit like a marathon over the next few months – the race isn't won in the first kilometre or the first week but by consistent training over the whole distance and the whole program.

Enough of the talking, now is the time to lace up those walking/running shoes and begin the training journey to race day in just seventy-six days' time.....bring it on.

*Steve Moneghetti*