

## WEEK TWO

MONDAY JANUARY 24<sup>TH</sup> – SUNDAY JANUARY 30<sup>TH</sup>

### SHORT COURSE PROGRAM

MONDAY	REST
TUESDAY	5min walk, 8mins of 1min run/1min walk, 5min walk
WEDNESDAY	REST
THURSDAY	REST
FRIDAY	10 minute walk
SATURDAY	REST
SUNDAY	5min walk, 5min run, 5min walk

### LONG COURSE PROGRAM

MONDAY	REST
TUESDAY	5min walk, 4km run (about 25mins), 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, 6km run (about 35mins), 10min walk

## 2022 RUN FOR THE KIDS TRAINING PROGRAM

If you are reading this then you most likely got through Week One so well done. For me your commitment early on is as much a mental challenge as it is a physical one. Life is full of uncertainty right now but most of this is out of our control and establishing a training routine is something we can do that allows us to wrest back some of this control. Mental strength isn't something gained in the weights room nor exhibited physically but it is certainly a powerful addition to your armoury for any challenge that life might throw your way.

I used to struggle to get up for my morning run as I was so tired from the previous night's session, so I had to have some triggers to assist like putting my running gear out the night before and leaving it within eye sight when I woke up or arranging to meet someone at a particular time and place. Right now, this discipline serves me well in all aspects of life and I encourage you to establish a routine or set some triggers for your training especially if you plan to do it first thing in the morning. In fact, whilst the program is intended to best prepare you to run in our event on April 3 the lessons learned on the journey will also serve you well for everyday life – discipline, resilience, long term planning are three that come to mind.

Now physically you are likely to be sore from starting exercise or running again especially if you are returning from a break. This is perfectly normal and a part of our progression to get you onto the starting line confident of completing your chosen distance. Exercise causes minor muscle break down and the

body's reaction to that is to build it up even stronger. In these early days it is important to note that listed rest days are as important as training days as these are the times when your body builds back up again so I think of them more as absorption days and form a vital part of any training program. You should not feel guilty taking them or get greedy by doing extra exercise on those days as this will not only negate the benefit but overload the body and you will end up sick or, even worse, injured. Listening to my body was one of my strengths and as a coach I spend a large proportion of my time holding athletes back from overdoing it; think like the turtle not like the hare. It is a three-step process – set a goal, train to achieve that goal, train smart so that you get to the start line in good shape.

You are already implementing step two and if you heed my advice are well on the way to achieving step three as well. I will look after the words part and your challenge is to take ownership of actioning them.

*Steve Moneghetti*