

WEEK THREE

MONDAY JANUARY 31ST – SUNDAY FEBRUARY 6TH

SHORT COURSE PROGRAM

MONDAY	REST
TUESDAY	5min walk, 10mins of 1min run/1min walk, 5min walk
WEDNESDAY	REST
THURSDAY	REST
FRIDAY	15 minute walk
SATURDAY	REST
SUNDAY	5min walk, 8min run, 5min walk

LONG COURSE PROGRAM

MONDAY	REST
TUESDAY	5min walk, 5km run (about 30mins), 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, 7km run (about 40mins), 10min walk

2022 RUN FOR THE KIDS TRAINING PROGRAM

Now we are establishing a good run/walk routine and you should be starting to feel more comfortable when you are exercising. It is always a shock to the body to begin something different and the initial response is to resist it assuming it will go away but at some point, the body realises this is something that it is going to do regularly, accepts it and starts to adapt to the new normal. For me exercise is the norm and on a day that I don't do something my body reacts and feels less energised so it has become an accepted part of my life and I wouldn't want it any other way.

For me this would be the best outcome of our partnership. You start believing that you are not a runner but that you will have a go at it; whilst it was hard early on you now find it very doable and will stick with it; then you actually get to a point where it is enjoyable and natural and you are really looking forward to event day; and finally, once the race is over you decide to keep on running as you find it so enjoyable. That is a journey worthy of celebration.

Speaking of the journey just a reminder that your first step is to register at runforthekids.com.au. My first step is to prepare you to finish your event or complete it more successfully than you have done before. For this to happen we need to build up your endurance or put more simply your ability to run, jog or shuffle for a certain amount of time. Whilst there is a walking component in the programs, I would ultimately like to see you get to the stage where you do not walk at all in the event or at least run most of it. For this to happen I will be increasing the length of your run/walks as we progress through the eleven weeks. This

is known as progressive overload where we place incremental increases on your body, and it adapts weekly to this change. It is like we are inching up to the distance in small achievable advances and with the consistency of exercising across the weeks you will get to race day confident that you have the distance comfortably covered.

I always set the long run on a weekend as I find this is these are the days that people have the most time at their disposal. You do not want to rush the long run as it is as much about time on legs as it is the distance, and it also allows you to do it in a place that might not be from your home or workplace like a forest or walking trail. Personally, I prefer to do it on a Sunday as this was the traditional day that my marathon race was on and it is, indeed, also the day that our events are on too so it provides a familiarity for your body that will help you feel settled and ready to go on race morning.

Steve Moneghetti