

WEEK FOUR

MONDAY FEBRUARY 7TH – SUNDAY FEBRUARY 13TH

SHORT COURSE PROGRAM

MONDAY	REST
TUESDAY	5min walk, 12mins of 1min run/1min walk, 5min walk
WEDNESDAY	REST
THURSDAY	REST
FRIDAY	15 minute walk
SATURDAY	REST
SUNDAY	5min walk, 12min run, 5min walk

LONG COURSE PROGRAM

MONDAY	REST
TUESDAY	5min walk, 6km run (about 35mins), 5min walk
WEDNESDAY	Rest or cross training/ stretching session
THURSDAY	5min walk, 24mins of 1min run/ 1min walk (about 3km), 5min walk
FRIDAY	20min walk (2km)
SATURDAY	REST
SUNDAY	10min walk, 7.4km run (about 45mins), 10min walk

2022 RUN FOR THE KIDS TRAINING PROGRAM

The weather has been very warm over the last few weeks so remember to keep hydrated before, during and especially after your exercise. I regularly weigh myself after a run and particularly after a long run done in hot weather to see how much weight I have lost. Do I strike you as a person who is worried about weight control; no, I didn't think so. The reason I do it is to measure how much fluid I have sweated out and how much I need to replace post run.

I often run in the forest where there is no access to water so if I don't carry any with me then I need to ensure I have had some fluid prior to the run and certainly straight afterwards. I say fluid because personally I like to have some electrolytes in my drinks to replace the ones lost in sweat such as potassium, sodium, chloride and magnesium. The running we are doing is breaking down the body which then rebuilds stronger but if we are dehydrated then the body struggles with this rebuild.

Our hearts also work harder in hot weather as they try to keep us cool so do the set exercise in the early morning when it is cooler or likewise later in the day. And run or walk at a slower pace or even skip a training day if it is excessively hot. As regular readers will know I am generally not a big fan of treadmills but in unbearable heat it is certainly a viable option as you can be in a temperature-controlled environment, use a fan for cooling and always have fluids nearby to keep your intake up. You can also control the pace at which you exercise rather than looking at your watch constantly or guessing roughly what pace you are

going at. Treadmill, tick, but try not to make a habit of it as one of the great delights of running is being in the outdoors especially here in Victoria where we have so many beautiful places to enjoy. And as I have mentioned running is a very specific exercise and on race day, there are no treadmills in Docklands but there are hills, wind and other participants to keep you company.

Essentially, I am asking you to be sensible with a variable like the weather, but it also applies to other areas of our preparation such as the amount of training done in the lead up. The programs are only a guide, and I wouldn't recommend you do more or higher intensity than what is listed but there may be times when you actually do less. It is better to get on the start line slightly underdone than not at all because you are sick or injured.

Steve Moneghetti