

**WEEK FIVE**

MONDAY FEBRUARY 14<sup>TH</sup> – SUNDAY FEBRUARY 20<sup>TH</sup>

**SHORT COURSE PROGRAM**

MONDAY	REST
TUESDAY	5min walk or run to a local grass oval, 2 x half a lap of the oval running at a quicker pace than normal or for those just up to walking now then fast walking, do half a lap walk recovery in between, 5min walk or run back to home or work
WEDNESDAY	REST
THURSDAY	REST
FRIDAY	15 minute walk
SATURDAY	REST
SUNDAY	5min walk, 14min run, 5min walk

**LONG COURSE PROGRAM**

MONDAY	REST
TUESDAY	1km run/walk to a local oval, 4 x 1 fast lap of the oval with a lap jog/walk recovery in between, 1km run/walk back to home or work
WEDNESDAY	Rest or cross training/stretching session
THURSDAY	5min walk, 3.0km run (about 20mins), 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**

Up to this point the focus of our training has been endurance and consistency to enable you to finish your chosen event. It will always remain as our main goal but this week I am adding a speed session on Tuesday to allow you not only to complete the Runs but to do them in a faster time. Whilst it is satisfying to finish, it is a bonus if you can finish knowing you have pushed yourself hard. Over my career a lot of my most memorable races were not necessarily the ones I won but those that I got the most out of myself and the afterglow of doing that is unforgettable. I think it has something to do with the endorphins released by our bodies when we exercise hard and is known as the ‘runner’s high’. It is one of the reasons I continue to do speed sessions and races because it is an addictive feeling.

The session involves starting and finishing with a short warm up and warm to and from an oval (or at the oval if you start from there) preferably grass as it is easier on your body. Then you will do a series of laps around the oval where you extend yourself for half a lap or a full lap then walk or jog half a lap or a full lap easy to recover in between. This will get your lungs and legs used to exercising at a quicker pace and again the body will adapt to this stimulation and be able to perform faster or more comfortably on race day. It is what elite runners call fartlek, a Swedish word for speed play as that is what you are doing playing with different speeds.

Both programs have this session included showing the benefit of speed work no matter what the event distance or your current level of fitness. There are not many guarantees in life, but I can assure you that if you do fartlek regularly then you will become a fitter person and clearly a better runner. Like with most good things it will come with a little bit of pain both during and for subsequent days so take it very easy on Wednesday and Thursday as listed in the programs.

You will notice hardly any change to the long runs this week, an extra couple of minutes for the short course on Sunday and staying at half race distance for the long course as the addition of a session this week is enough added stress on the body so best to have some stability for the rest of the week.

*Steve Moneghetti*

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