

WEEK SIX

MONDAY FEBRUARY 21ST – SUNDAY FEBRUARY 27TH

SHORT COURSE PROGRAM

MONDAY	REST
TUESDAY	5min walk, 16mins of 1min run/1min walk, 5min walk
WEDNESDAY	REST
THURSDAY	REST
FRIDAY	15 minute walk
SATURDAY	REST
SUNDAY	5min walk, 16min run, 5min walk

LONG COURSE PROGRAM

MONDAY	REST
TUESDAY	5min walk, 6.0km run (about 35mins), 5min walk
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, 8km run (about 50mins), 10min walk

2022 RUN FOR THE KIDS TRAINING PROGRAM

After introducing a speed session last week, I am reverting to an easier week this week with the only a couple of minor changes from the programs set for Week Four. It is not like we are going backwards but more a case of consolidating the work done to date. It is not one week that will get you to the start line in good shape but the cumulative effect over the entire eleven weeks. Even if you did the same training every week there would be an improvement from the cumulative running done. It is also important to let your body absorb the work you are doing and just like we might have an easy day or a rest day in a week we also need to have an absorption week on the journey too. I am big on acknowledging benchmarks and after Thursday this week we will have crossed the halfway point in our preparation, or in marathon parlance, we have turned and are heading towards the finish line. It is also important to note that the total distance covered in our programs this week is about race distance or slightly further so we are growing in confidence knowing that we can complete the race distance. We just must do it in one continuous effort rather than spreading it across a week.

After completing the Sunday Long Run this week, I encourage you to look back at Week One and take note of how far you have progressed to reach this point. Then it is onwards and upwards as we forge our way towards April 3. With the consistent program this week it is an opportunity to focus on nutrition and fuelling your body appropriately. I spoke about keeping hydrated and it is important to be eating for performance now you are exercising on

a regular basis. This means not only replacing the calories burnt but also the nutrients being depleted especially in the warmer weather. So, think protein for bone and muscle repair and carbohydrates for energy replacement but also plenty of vegetables using the colours of the rainbow as a guide. These contain essential vitamins and minerals such as potassium, calcium and magnesium to keep your body functioning like a well-oiled machine.

In the first thirty minutes straight after a run a liquid recovery drink is a good idea, something like a glass of chocolate milk. Liquids are quickly digested and absorbed and easy to access. Chocolate milk itself has the correct percentages of carbohydrates and protein and it also provides the essential amino acids your body can't make but are vital in a strong, quick recovery. Focussing on good nutrition will not only help you train and run better but it is one of the side benefits of committing to an event like ours that you develop positive habits that will benefit you long after the training journey has finished. It is all part of improving your physical health and wellbeing using exercise as the stimulus. Further evidence of your commitment benefitting you as a person.

Steve Moneghetti

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