

**WEEK SEVEN**

MONDAY FEBRUARY 28<sup>TH</sup> – SUNDAY MARCH 6<sup>TH</sup>

**SHORT COURSE PROGRAM**

MONDAY	REST
TUESDAY	5min walk or slow jog to the bottom of your chosen hill (200 – 300metres of average gradient), 2 – 4 repetitions up the hill either power walking or running with a slow jog or walk back down to the bottom in between, 5min walk or slow jog back to home or work
WEDNESDAY	REST
THURSDAY	REST
FRIDAY	15 minute walk
SATURDAY	REST
SUNDAY	5 min walk, 20 min run, 5 min walk

**LONG COURSE PROGRAM**

MONDAY	REST
TUESDAY	1km run/walk to the bottom of your chosen hill (200 – 300metres of average gradient), 4 repetitions up the hill strongly with a slow jog or walk back down to the bottom 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, 10km run (about 60mins), 10min walk

**2022 RUN FOR THE KIDS TRAINING PROGRAM**

This week I am adding the last piece of the jigsaw puzzle. Our first aim was to get you back exercising after Christmas and New Year and prepared for the Run for the Kids event after a Covid interrupted two years. We started by increasing the distance you covered each week to build up your endurance. Then we introduced a speed session to get you running or walking faster. Now I am including a hill session into the training program to get your legs, especially your quadriceps muscles, used to working harder like they do when going up a hill.

As you know I reckon the long course is one of the most spectacular in Australia as it runs alongside water for most of it even going over it and under it at particular points. And the short course basically does a lap around the water too. The views and scenery along these routes are a joy to behold. But to enjoy the views you need to be fit and with the Bolte Bridge hill early on for both courses if you do not traverse it well then it is going to make the rest of the runs hard and the long course's final stretch includes the Collins Street hill so for a good finish you need to be strong over hills.

Practice makes perfect as they say so it is included as our Tuesday effort in the programs for this week. Try and find a hill that is 250 metres long and with an average gradient (about 5%). Think Anderson Street hill on the Tan in Melbourne for length but not quite

as steep as that but more like Collins Street from Swanston up to Russell Street in the CBD. It should be long and steep enough so that after doing it three or four times you are breathing hard, and the tops of your thighs are aching with fatigue. Try to do them on the footpath but if you must do it on the roadway make sure you always run or walk in the direction of oncoming traffic and always give right of way to cars and cyclists. The focus should be on the run or power walk up so make sure you go very slowly on the way back down by shuffling or walking as required. If you are not sure how far to do aim for around a minute each way.

The benefits of hill running are not just measured on your ability to run up a hill as they also build leg strength and good running technique so for me, they are an essential component of any serious running program. You could say that your running training is on the way 'up'.

*Steve Moneghetti*

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