

WEEK TEN

MONDAY MARCH 21ST – SUNDAY MARCH 27TH

SHORT COURSE PROGRAM

MONDAY	REST
TUESDAY	5min walk or run to a local grass 5min walk or slow jog to the bottom of your chosen hill (200 – 300metres of average gradient), 2 or 3 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	10mins walk/run
FRIDAY	15min walk
SATURDAY	REST
SUNDAY	5min walk, 18min run, 5min walk

LONG COURSE PROGRAM

MONDAY	REST
TUESDAY	1km run/walk to the bottom of your chosen hill (200 – 300metres of average gradient), 3 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

Hopefully the hit out went well yesterday, and you feel confident about being able to enjoy the experience that only a mass participation events brings. Whilst the preparation is focussed on ensuring you make the chosen distance as quickly as you can I also want to encourage you to be able to soak up the atmosphere and being well prepared will allow this to happen. You only get to take in the views from atop the Bolte Bridge one day a year or for the longer run get to race through the tunnel as well, so it is important to look around and appreciate the beauty of the courses and absorb the feeling of doing this special run with thousands of like-minded participants. Because we have been so diligent with your training it is now time to ease back the amount of exercise you are doing and reduce the intensity too.

Whilst my programs are formal and prescriptive, I am sure you have adjusted them to fit in with your lifestyle but now is the time to bring your body up for race day so try to do what is set and certainly do not do more. People often love the training routine they have established and find it hard to back off leading in but trust me you will be thanking me when you feel fresh and bouncy up the Bolte or quietly fatigued but immensely satisfied when you cross the finish line. There is no point running your best race on a training run the Sunday prior to race day. If you are tempted to do more then replace it with an activity that supports your body like a swim, massage or yoga

class which keeps the routine going but is not a load bearing activity which will tire your legs. It is essentially a percentages game and when I was building up for a race for six months or twenty-four weeks then my freshen up period was four weeks or about sixteen percent so for our eleven weeks it works out to be roughly two weeks. It also highlights the benefit of our training.

If someone else has trained for just three weeks or less, then they have no time to freshen up and you will be zipping past them in the run as they get weary and your training kicks in. Don't expect to feel fantastic this week as it takes a few days for the tiredness to dissipate but by next Sunday you should be starting to sense that your body is responding, and your attention will turn to race day with anticipation. Bring it on.

Steve Moneghetti

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