

## WEEK ELEVEN

MONDAY MARCH 28<sup>TH</sup> – SUNDAY APRIL 3<sup>RD</sup>

### SHORT COURSE PROGRAM

MONDAY	REST
TUESDAY	5min walk or run to our grass oval, 3 x half a lap run/fast walk with half a lap walk in between, 5min walk/run back to home or work
WEDNESDAY	REST
THURSDAY	10mins run/walk
FRIDAY	10min walk
SATURDAY	REST
SUNDAY	5min walk as warm up, 5.2km Short Course Run/Race 🌞

### LONG COURSE PROGRAM

MONDAY	REST
TUESDAY	1km run/walk to our grass oval as warm up, 3 x fast lap of the oval with a lap jog/walk recovery in between, 1km run/walk back to home or work as your warm down
WEDNESDAY	Rest or cross training/stretching session
THURSDAY	5min walk, 3.0km run (about 20mins), 5min walk
FRIDAY	10min walk (1km)
SATURDAY	REST
SUNDAY	1km walk/jog warm up, 14.8km Long Course Run/Race 🌞

# 2022 RUN FOR THE KIDS TRAINING PROGRAM

Here we are just six days away from our destination and all the hard work has been done. It is time to focus on getting all the logistical things signed off so you can concentrate on enjoying the day itself. Obviously, the training set this week is very light but remember this doesn't give you licence to get busy on other tasks. The most important sessions these last few days are rest and sleep. Try to organise your life so that you have time to do nothing except prepare physically for your event. When I say physically, I mean getting everything ready prior to Sunday. I always put my running gear out the night before with my number pinned in place and have a backpack ready to take as I often find I am a bit nervous and easily distracted on race morning. Check the train, tram or bus times if you are arriving by public transport, Port Phillip Ferry schedules or if you are driving where you will park and enter the race precinct prior to your wave. Confirm your wave start time as the Long Course is beginning earlier with the first group leaving at 8am and the Short Course starting with the green run zone at 9.30am.

There will be some new checks along the way this year so allow extra time to do these. Log onto the website this week to go over course maps, bag drop location and other important details to ensure you have a great run. Remember to eat well and drink plenty of fluids especially in the latter part of the week to load up your energy stores ready for the race. I

have a couple of pieces of toast with jam or vegemite and a cup of tea on race morning to basically calm the tummy rumble after a carbohydrate enriched meal of pasta or rice the night before. Try to avoid spicy foods for the couple of days prior or you might find yourself using the toilets before, during and after your event. And get a good night sleep the night before the night before (this Friday night) as I find that to be the crucial one. Trust me these minor preparations might not make you run better, but they will ensure you get the benefit of all the work you have done in preparation for the event.

Congratulations on your dedication and commitment and on behalf of the Royal Children's Hospital thanks for your support, we couldn't do what we do without you. I look forward to seeing you on the start line as you begin your journey then welcoming you back as you cross the finish line after a job well done.

*Steve Moneghetti*

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