

**WEEK EIGHT**

MONDAY MARCH 7<sup>TH</sup> – SUNDAY MARCH 13<sup>TH</sup>

**SHORT COURSE PROGRAM**

MONDAY	REST
TUESDAY	5min walk or run to a local grass oval, 4 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	10mins walk/run
FRIDAY	20min walk
SATURDAY	REST
SUNDAY	5min walk, 20min run, 5min walk

**LONG COURSE PROGRAM**

MONDAY	REST
TUESDAY	1km run/walk to a local oval, 6 x 1 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	20min walk (2km)
SATURDAY	REST
SUNDAY	10min walk, 12km run (about 70mins), 10min walk

**2022 RUN FOR THE KIDS TRAINING PROGRAM**

It was probably a case of pleasure and pain last week when you did the hill workout as your speed session for the week. I certainly notice it in my legs the next day, but I am happy as it is good soreness that I know is making me a more complete runner. Compare this to bad soreness which is when we have a sore spot for no genuine reason, and it is the first sign of an oncoming injury. You will also notice that I have reverted to the grass oval session this week as it is important to alternate your speed workouts to give your body time to adapt. When I was in full training, I would never do two speed sessions in a row choosing to run hard on Tuesdays, Thursdays and Saturdays. In fact, it was the value of having a coach as they kept me on a set training plan, and it held me accountable but also ensured I didn't overdo it.

As my relationship developed with Chris Wardlaw it was less about educating me and more about controlling my eagerness. It is a similar situation for us too. Over our eleven weeks it is about building your running ability through training to get you to complete your chosen event well. Think back to Week One where we got you up off the couch and running again, then Week Three focussed on building your endurance, Week Five on getting you running quicker than last week we got you running hills, so you are ready for them out on the courses. Your education is over, and now it's about owning the training, so you are well prepared come race day. It is an often

heard saying that it is all about the journey but to be honest for me it is all about the result as this result is completely determined by the training done. No one session in isolation will get you to our event in good shape but a consistent block of training certainly will. I can write the programs and give you information on how to be a better runner but unless you action the words then they are worthless.

There ends the gospel according to Mona, but it is a proven method. If it is a genuine partnership where you are completing the training set then I will be at the finish line to welcome you back as I know it works, anything less will compromise the outcome. Now less talk and more action as we head out for our set runs and walks this week.

*Steve Moneghetti*

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