

WEEK NINE

MONDAY MARCH 14TH – SUNDAY MARCH 20TH

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	1km walk/run warm up, 3.0km Fun Run or Time Trial at intended race day pace, 1km walk/run warm down

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 run/walk warm up, 10km Fun Run or Time Trial at your goal race day pace, 10min run/walk warm down

2022 RUN FOR THE KIDS TRAINING PROGRAM

This Sunday will mark two weeks before Race Day and it is important to simulate the experience of running at a fast speed like you will be doing on the day. There are two ways to do this. The first and best way is to participate in an organised event over a distance just further than half of your chosen length. Or, if you are unable to find a race then the alternative is to do a Time Trial over a similar distance. I have set three kilometres for the short course program and ten kilometres for the long course. This, as the name suggests, is a trial or practice run at race pace. Physically it exposes our bodies to the conditions it will experience and mentally it builds up our confidence to know that we are on track to achieve our goal of finishing the Run. It also marks the start of our freshening up process which is an important part of any training program with a race as the ultimate goal. We build up our mileage and speed over several weeks but if we continue to increase our training loads right up until the race then we will be tired on the day.

To get the benefit of the training we need to reduce not only the quantity of our training but also the intensity of our workouts. So, this week represents our toughest challenge and as such it is important to look after yourself by eating plenty of good quality foods and keeping well hydrated. Whilst we haven't covered the total race distance in one effort we have well and truly done the distance across the week in

our three running days plus the added benefit of a day where we did a walk. I never actually ran the marathon distance in training but the cumulative effect of the miles across the weeks and months in the lead up gave me the confidence to believe that I would make it to the finish line which I did on all twenty-two occasions.

After finishing the race simulation, you too will know that you have the distance covered and all that is left is for you to begin the freshening up process to get you to that finish line even faster. Finally, it is a good idea to wear the clothing and shoes you intend to use on the day so you can make sure they are comfortable. This is one variable you can control to help you have a good experience in the event. Even more evidence where practice makes perfect and whilst there is no such thing as the perfect preparation or the perfect race by following these little bits of advice you will get as close as you can to it.

Steve Moneghetti

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