

# 2023 Herald Sun/Transurban Run for the Kids

## Training program

Week Seven: Monday February 20 - Sunday, February 26

We are progressing well, and I have spoken about running being a very specific activity. Using this logic, it is time to put in the final piece of the puzzle to complete our running jigsaw. Both courses are spectacular and one of the reasons for this is that they provide beautiful views across to the City from the top of Bolte Bridge or Docklands and the harbour area from up on Collins Street in the case of the long course. For this reason, it is important that you practice hill running in readiness for tackling these hilly sections of the courses on event day. I want you to scout out a hill either near home or work that is roughly 200 metres uphill to the top and about the same distance down the other side to the bottom. Take this as just a guide but I am sure you get an idea of what I am looking for. In our event, and all running events for that matter, you don't just run to the top of a hill then stop and I want you to simulate what will happen on race day so for both training programs I am asking you to run up the hill, over the top and down the other side just like you will do on the Bolte Bridge (and Collins Street for the long course). But as this is a specific hill training session you will need to practice it a couple of times or more hence the rest at the bottom before you turn around and do it in the reverse direction. I am counting this as one repetition and for the short course one repetition will probably be enough for this week whilst for the long course you can do two or three repetitions. If you do not do hills regularly then you will be sore after this session more from the downhill running than anything, but this is a normal reaction and indicates a positive training effect. I firmly believe that running a specific hill session every Saturday morning followed by a long run over hills in the forests surrounding Ballarat was an integral part of my distance running success. In fact if you look at my training completed for this week it is exactly what I did on Saturday and Sunday so I am genuinely practising what I preach.

*Steve Moneghetti*

