

# Try a running event!

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*Once you've got to a reasonable level of fitness (running about half an hour a day) the best way to take it to the next level is training for a big event.*

*An 8-week training programme is excellent for adaptation and motivation and there are fun events all around the country that fit this time-frame. It's also perfect timing to get fit for summer as the events are in late November and early December!*

*Training principles are explained below and we've broken it down to show how an 8-week plan is a manageable bite-size way to get to your goal without taking on more than you can chew!*

*Remember, it's still advisable to consult your doctor before you undertake any new fitness programme.*

**The following events are all achievable distances of 5km or 10km.**

*These events and more are listed on [www.coolrunning.co.nz](http://www.coolrunning.co.nz)*

*AUCKLAND - 31/10: Auckland Marathon with 5km and 10km fun run*

*HAMILTON - 21/11: Round the Bridges run 6km*

*NAPIER - 7/11: 10KM AND 5KM*

*WELLINGTON 14/11 Off Road 4km and 8km Brookfield Bog Challenge or Scottish 5km series every Tuesday evening on the waterfront*

*BLENHEIM 4/12: Marlborough Marathon 10km and 5km*

*CHRISTCHURCH 12/12: Sri Chinmoy 10km and 5km Hadley Park*

## Melissa Moon's 8-Week Event Training programme

### *Training Principle 1*

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*Long Run (weekend run)*

*Increase your long run by 5 minutes each week. Start with a long run at 30 minutes in week 1 and increase that incrementally so you will be running for 1 hour in week 6.*

*Run at a comfortable pace and this will enable the Lungs, heart, leg muscles, joints and fuel system to become more efficient and stronger.*

## ***Training Principle 2***

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### ***Hills***

*Two shorter runs of between 20- 30min done at a comfortable pace and if feeling strong one of these run can include hills. Hills build muscular and cardiovascular strength as hills force the body to work harder. Hill-running is very good mental training as well.*

## ***Training Principle 3***

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### ***Fartlek***

*This is a Swedish word meaning “speed play”. Random short periods of fast running are built into a 20 minute run. The faster bursts can last between 30 seconds and 3 minutes. This adds fun and variety to training and can be done in pleasant surroundings such as the waterfront or botanical gardens. Fartlek teaches you to co-ordinate breathing and an increased stride rate and stresses the body to increased fitness adaptations. The following is an example Fartlek training:*

*5 minute Jog*

*3 minutes fast*

*2 minutes Jog*

*1 minute fast (5 lampposts)*

*1 minute jog (4 lampposts)*

*3 minutes fast*

*5 minute cool down*

## ***Training Principle 4***

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### ***Speed training***

*After a 20min jog sprint for 50 metres and then jog slowly back. Repeat this 5 times. This training will be introduced in week 5.*

*Speed training works on our fast twitch muscle fibres and increases our stride rate and pace.*

*Two weeks out from the event we will taper off the long run.*

## EVENT CHECKLIST

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### DAY BEFORE

*Keep food plain and carbohydrate based, this provides energy for the next day, a baked potato or pasta is very safe.*

*Don't eat anything unusual or with a rich sauce.*

*Sip on water throughout the day to keep well hydrated.*

*Pack your event bag*

*Lay out your running gear with number pinned to top*

*Prepare warm clothing and rain jacket*

*Towel*

*500ml of water*

*Ipod*

*Plasters in case of blisters*

*Money for food/drink/massage at event*

### DAY OF EVENT

*Sip on water as soon as you get up as you will be slightly dehydrated from a night's sleep.*

*Light breakfast 2 hours before event, eg: toast, jam, banana.*

*Keep warm right up until the start, polyprops are great, they are lightweight and can be tied around waist.*

*Keep feeding your mind with "Positive affirmation statements". For example: "I am going to run with determination and pride", "I have put in the training, I deserve to succeed" etc. Have a key word to keep in "the zone". I use **KIA KAHA - BE STRONG!***

### POST EVENT

*Eat/drink within 30 minutes of finishing.*

*Have a massage.*

*Change into warm, dry clothes.*

*Take a photo of your wonderful achievement and frame your **RACE NUMBER** as a reminder of all the hard work and success of your goal.*