



South West Academy of Sport chief executive Bernice Butlion stretches out.

Save energy for final push

South West Academy of Sport chief executive Bernice Butlion comes on side with the *Times* to give you the best fitness tips in the lead-up to the South Western Times Surf to Surf Fun Run. Why not try entering the 5km category...

WE are nearing the end of the month-long training program I've set out for you, but it's not too late to enter the South Western Times Surf to Surf.

Running a 5km event has the potential to be the fastest race most of us will ever run, but your training over the last few weeks will give you the edge. Remember, don't go out too quickly, rather hold back for the first kilometre, then power home with the energy you have saved.

This week, we will increase the distance you run in training to 4km. Try to run your third and fourth kilometre a little faster than the rest. If you're tired, think of

it as turning your weaknesses into a strength.

Imagine a runner ahead of you and go 90 per cent of all-out while staying relaxed and maintaining good form — try this twice this week on Tuesday and Saturday. On Thursday, run 3.2km but employ the same technique of running a little faster at the end.

On Wednesday, the cross-training day, try some training runs and do 3 x 40-second strides with full recovery.

Try running in the morning or evening and not in the warmest part of the day, which is between 11am and 4pm. Also try to pick a circuit that includes some hills, but also has a place where you can stop for a drink of water along the way.

Remember, Monday and Friday are rest days, and Sunday is a day where you can go for an easy run.