



South West Academy of Sport chief executive Bernice Butlion limbers up before setting off for a training run.

It's not too late to get ready for the fun run

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? There's still time to begin your training, as she writes in her first weekly column . . .

RUNNING the 5km is an excellent goal for new runners. If you have not already started training then now is the time.

Don't set yourself a daily schedule if you do not train frequently all year round — firstly, try to achieve as much as possible on a minimum of training days and start training for distance and only later for speed. Incorporate base training and then peaking but do not overtrain. Don't race when you are training!



South Western Times

surf to surf
fun run

Monday and Fridays are rest days and rest is critical to your recovery and injury prevention. If you run everyday without taking a day off, you won't see much improvement.

On Tuesdays, Thursdays and Saturdays, warm up and run at a comfortable pace for 2.4km.

Also make sure you cool down and stretch after your run. Each week you will increase your runs by at least 400m to 600m.

Wednesday is a cross-training days, where you can mix your routine up by swimming or cycling. Sunday signals a