



South West Academy of Sport CEO Bernice Butlion helps students from South Bunbury Primary School with their South Western Times Surf to Surf training last week. PICTURE: DAVID BAILEY

Schools in running for prize

RILEY STUART

THE challenge is on for schools to enter the 2011 South Western Times Surf to Surf Fun Run.

The School Challenge will give both primary and secondary school communities an opportunity to win \$250 RetroVision Bunbury vouchers, and is expected to be one of the most hotly contested categories in the fun run.

Two vouchers — one for the primary school and one for the secondary school that have the highest levels of participation — are on offer as part of the event that will be run in Bunbury on Sunday, October 15.

South Bunbury Primary is one school that will be entering the run for the first time.

Taryn Webb, a teacher at the school, has also volunteered to coach the team.

One month out from the event, and 58 students have already registered to be a part of South Bunbury's team.

"It is really important that children exercise from a young age as it sets them up for a healthy and active future," she said.

"It is also important that exercise be fun for children, then they will be more inclined to continue exercising long into their future.

"I think it's also important for children to try a variety of sports, then they

will be able to work out what their passion is."

Schools interested in registering for the Surf to Surf Fun Run, should contact Julie Williamson on 0488 561 458.

"The students at SBPS have been training really hard for this year's fun run," Webb said.

"We train on a Wednesday morning before school and Friday from 10.20am-11am.

"Each student has a training card and they record each lap of the oval they have run. Each training card is 11.2 km.

"Nearly all students have completed three training cards."

WEEK FOUR TRAINING

Friday: 20 minute walk.

Saturday: rest.

Sunday: 10 minute walk to an oval. Do five laps of running fast / walking with a lap in between.

Monday: rest.

Tuesday: rest.

Wednesday: 35-40 minute walk/run (4-5km).

Thursday: rest.

Bernice says: Sunday's training will be a great way to get to know more about your body and its physical capacity. All ages and abilities benefit from this type of speed workout, so embrace it no matter what your level of running. Do not forget to stretch before exercising and enjoy another good week on the track!