

Fun run plan for novice runners

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SOUTH West Academy of Sport CEO Bernice Butlion has urged people to take on the challenge of running the 5km course in next

month's South Western Times Surf to Surf Fun Run.

Butlion, who has competed in more than 50 marathons in her career, has devised a seven-week training program which provides a day-by-day running schedule as well as tips to improve fitness and technique.

The program, which appears exclusively every Thursday in the *South Western Times*, started a fortnight ago but Butlion said it was not too late to start.

"In the last two weeks we have begun gentle training, but people with some sort of base fitness will still be able to pick the program up this week," she said.

"The important bit about the program is that we do not set a daily schedule — we are aiming it at busy people who do not train frequently all year round.

"Firstly try to achieve as much as

TRAINING SCHEDULE

Friday: 20 minute walk.

Saturday: rest.

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

Monday: rest.

Tuesday: rest.

Wednesday: 30 minute walk/run.

Thursday: rest.

possible on a minimum of training days and start training for distance.

"Later we will train for speed."

Entry forms for the event can be found inside the *Times* later this month.

Butlion said that following the program would challenge people in the South West to reach their fitness goals.

"Running a 5km race can potentially be the fastest event for people to run," she said.

"Your training over the next few weeks will give you the edge.

"Remember, don't go out fast but rather hold back for the first 1km and with what you have saved there, you can use at the end of the race."

South West Academy of Sport CEO Bernice Butlion says: Work on your kick for the end of the race. At the end of your training runs do 3x40 second strides with full recovery. Try running in the morning or evening and not in the warmest part of the day (between 11am and 4pm).