

Race for the Kids Running Program

Congratulations on being part of the RBC's Race for the Kids fun run. We at Kinetic Healthcare are excited once again to be a part of this event. One of the main things we tend to see at our practice is running related injuries. As an initiative for all attendees of this year race, we have put together a specific 5 km training program to ensure that your body is race ready.

Week 1

Warm up

Your feet are the 'wheels' of your body, so it is important that they move through their entire range. Things like poor foot wear (thongs, high heels and pointy shoes) change the ability of our feet to work like springs.

Download 'the mobility guide' at <http://www.kinetichealthcare.com.au/download-the-mobility-guide/> to learn how to perform the recommended muscle releases and stretches.

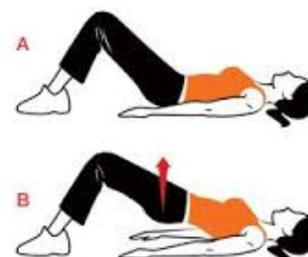
1. Plantar fascia release – Complete the release for approximately 30 – 45 seconds. Make sure to move the ball around to get every aspect of your foot.
2. Back calf release – Complete the release for approximately 30 -45 seconds. If you do not have access to a foam roller you can use a rubber ball or tennis ball.

Activation

Although movement is important you also need control. This is especially important in running. Having strong buttocks (glutes) are essential in making sure you can run the entire race and reduce the risk of acquiring any niggles such as knee or hip pain.

Glute bridge activation.

1. Lay on your back and with both knees bent and feet slightly apart. Lift your buttock off the ground and raise your hips to be level with your abdomen.
2. Make sure you do not hyper extend your back as this exercise is to activate your glutes not your back.



Run Program

Kicking week 1 off, we want to keep it light and slowly build up the momentum as the weeks go. The aim here is to get the body primed and shake away some of those cob-webs.

The program will be based on a three day split. First week should be programmed for a Monday, Wednesday and Friday to take into account muscle soreness.

Day 1	Day 2	Day 3
4x400m jog at a pace that can be maintained for the full 400m without stopping.	3x800m jog at a pace that can be maintained for the full 800m without stopping.	2km jog without stopping.

3min walking recovery between sets.	4min walking recovery between sets.	
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Week 2

Warm up.

As per week one and adding the below to the repertoire.

1. Front Calf Release Exercise – Complete the exercise for approximately 30 – 45 seconds. Again, if you do not have access to a foam roller you can substitute it with a kitchen rolling pin. Have your knee bent and use the rolling pin on the front of your shin.

Activation

Last week we concentrated on building up strength in your buttocks, this week we are going front on and helping to build your ‘core’. Think of it this way, imagine your buttocks being the king and your core the queen, both are equals and need to work with each other. To do this, we will be working on the ‘dead bug exercise’

Dead Bug Exercise

1. Lay on your back and bend your knees to 90 degrees (refer to the picture).
2. Have your arms pointing to the ceiling and completely straight.
3. Keep your lower ribs tucked in and back flat to the ground.
4. Take a deep breath in, making sure to breathe in your stomach (imagine you are filling in a balloon with every in breath)
5. Breathe out and empty out your stomach.
6. Repeat this for 10 breaths.



Run Program

For week 2, change your run days to a Tuesday, Thursday and Saturday.

Day 1	Day 2	Day 3
5x500m jog. 3min walking recovery between sets	4x800m jog. 4min walking recovery between sets	3km jog without stopping

Week 3

Warm up

As per previous weeks to be continued with the addition of the mid back area.

1. Mid back rotation exercise (page 17 of the mobility guide)

Note: Make sure that you rotate the full way on both sides as this will help your running stride by allowing your hips to extend to their best of their ability.

Activation

The previous weeks have had emphasis on building the mid section of your body. This week we are travelling downstairs, to your feet. Due to poor foot wear, narrow shoes, and of course 'thongs', your feet stop moving and working like they should. Even more important, it de-sensitizes the receptors in your feet that tell your body where it is in space. In other words, increasing the likelihood of injury.

Rooting the Big Toe

1. In a standing position, push the big toe into the floor and raise the other four toes off the floor.
2. This will be difficult to begin with, be patient it gets easier, the important thing is to make sure you keep the ball of your foot in contact with the ground.
3. Aim for approximately 8 – 10 repetitions



Run Program

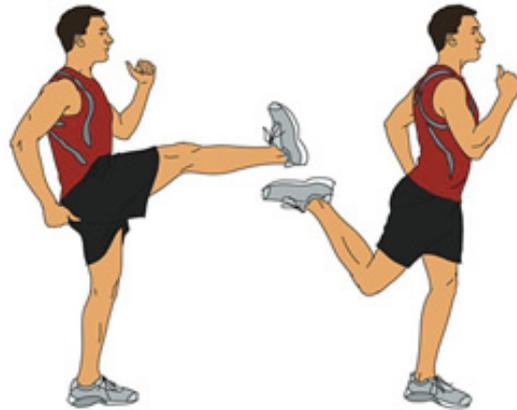
Day 1	Day 2	Day 3
5 x 600 metre jog, 3 minute walking recovery between sets	5 x 800 metre jog, 3 minute walking recovery between sets	3 km jog without stopping

Week 4

Warm up

Continuation of exercise drills as per previous weeks with the implementation of the following dynamic stretch

1. **Front to back leg swing –**
Commence with your right leg straight and raised in the front of your body as if you were doing a kick. Have your right arm raised and brought behind your back, whilst left arm is in the front of your body (refer to pic). Change arm and leg positions (refer to pic).
2. Do this for 8 – 10 repetitions at a moderate pace.



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Activation

By now you should be able to complete your ‘rooting the big toe’ exercise fairly comfortably. The following exercise will further strengthen your feet to help you with the increase in road mileage.

Sit on heels, big Toe pulses

The big toe, is an extremely important body part. If it does not move correctly it will effect how you walk and run.

1. Keeping the toes facing forward, sit back on your heel allowing the toe to stretch
2. Once in a comfortable position, push both of your big toes into the ground and try to hinge your body in an upright position. If performing this is difficult, then regress the movement to pulsations with the big toe, allowing your body to rock back and forth.



Run Program

Day 1	Day 2	Day 3
6 x 600 metre jog. 2 minute walking recovery between sets	6 x 800 metre jog. 3 minute recovery between sets	4 km jog without stopping

Week 5

Warm up and activation

As per weeks 1 – 4, no other extras given for the next two weeks of programming. The aim here is to get you used to the mileage and for your body to be ready come race day.

Run Program

Day 1	Day 2	Day 3
4 x 1 km jog, 2 minute walk recovery	8 x 500 metre jog. 1 minute walk recovery between sets	1 x 4 km jog

Week 6

Run Program

Day 1	Day 2	Day 3
5 x 1 km jog, 2 minute walk recovery between sets	10 x 500 metre. 1 minute walk recovery between sets	1 x 5 km jog