

Em's SCC Rookie Blog – Training Weeks 1 - 4

Training for a 100km trail run while living in the suburbs surprisingly is not too much of a challenge. While I'm not down at the Surf Coast regularly we have excellent trails in the Burbs that I can access right from my front door - when I'm juggling family and training and work – this is the most important factor. I need to be able to throw on my runners and go!

I have a great reserve almost on my doorstep, I have Dandenong Creek trail, Mullum Mullum close by, EastLink, Warrandyte, Lysterfield and the magnificent Dandenong's only a short drive away. So the trails are sorted. My local 10km loop is undulating and I can run into the city without hitting any roads at all if I so desired! (which has been done more than a few times) The burbs have it all, up hills, down hills technical, flat.... Spoiled for choice.

My weekends are where I plan my juicy long run and usually I love to get away from my normal routes and routine, make the morning of it, run with friends, have brunch, a couple of coffees. I can foresee some excellent adventures over the coming months. Did I mention that I love running coastal? I love the sand, any chance I get, I am there! Can I also add that the track isn't my favourite!! I call it ticking boxes...

During my base building month, my training has been light on and safe. I have a pre-existing hammy tendon niggle which has been frustrating but I'm managing it well. My goal is to get to the finish line strong. 90min long runs, hill repeats, quality sessions, and some easy recovery runs have been on my weekly plans. I promised myself not to let my ego take over. I've slowed down, and am listening to my body.

And cross training, and sleep, sweet sweet sleep. And hot baths.

I have 2 Chocolate Labradors, Coco and Jude, these two are a huge part of my weekly training routine and will especially come in handy later down the track when I'm tired, or can't be bothered AND for my double runs because they'll never say no to a run! G and I take the dogs on my easy recovery runs.

A few of my excellent run adventures this month have included-

- Good Friday in Harkaway – The Hot Cross Bun Run with Julie and fellow rookie Patrick, was technical, fence climbing, hills and scenery (and we didn't get lost)
- Run For the Kids – my favourite fun run, and proudly I've done all 12 long course!! Even while pregnant and pregnant pushing a jogger and pushing a double jogger (very proud) this I was solo!
- Phillip Island – G drops me at the top and I run to Smiths Beach, flat trail, sand, stairs. Love it!
- Running cross country around my Mother in-laws beautiful 100 acre property. Dirt roads, hills, scenery, unsealed road.
- Dandenong Trail in the rain and sog where the trails turn into mini creeks.
- And lastly The Athletics Track – totally new, something I will work on, hard and fast!

The May adventures await – starting to increase mileage. Staying smart. Going to get chilly in Melbourne. Runs to look forward to in May are Wings for Life and the SCC training run on May 28th. See you there!!

