



Barwon Health
Foundation

Geelong
Advertiser

2023

RUN4 GEEELONG

A RACE FOR BETTER HEALTH

TRAINING PROGRAM

active feet
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ProFeet

by aaron collins



MEET THE COACH

HARRY CASHIN

LET'S GET TRAINING FOR THIS YEARS RUN 4 GEELONG!
I LOOK FORWARD TO HELPING YOU ACHIEVE YOUR GOALS,
WHETHER IT BE CHASING A PB OR COMPLETING YOUR FIRST
EVER 10KM EVENT!

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five feet
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by aaron collins

WHAT TO EXPECT

THIS PROGRAM WILL INCLUDE A NUMBER OF
DIFFERENT RUNNING SESSIONS.

THINK:

INTERVALS

LONG RUNS

RECOVERY RUNS

REST DAYS

ALTHOUGH WE DO NOT SPECIFY WHAT DAYS TO
DO EACH SESSION, KEEP IN MIND THAT YOU
DON'T WANT TO DO 2 SESSIONS BACK-TO-BACK.
ALWAYS HAVE A RECOVERY DAY IN BETWEEN.



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FITT

THIS PROGRAM IS BASED OFF THE FITT PRINCIPLES

FREQUENCY: INCLUDED IN THIS PROGRAM ARE 3 RUNNING SESSIONS PER WEEK. IT IS RECOMMENDED TO HAVE ONE COMPLETE REST DAY PER WEEK TO RECOVER.

INTENSITY: THE INTENSITY OF THE SESSIONS ARE INCLUDED USING **RATE OF PERCEIVED EXERTION (RPE)**. THIS IS SUBJECTIVE AND AN INDICATION OF HOW HARD YOUR BODY SHOULD BE WORKING.

10 - MAXIMAL EFFORT

9 - VERY HARD

7 - 8 VIGOROUS ACTIVITY

4 - 6 MODERATE ACTIVITY

2 - 3 LIGHT ACTIVITY

1 VERY LIGHT

TIME: THIS IS AN 8 WEEK PROGRAM WHICH INCLUDES 6 WEEKS OF ENDURANCE TRAINING PROGRESSION FOLLOWED BY A 2 WEEK TAPER BEFORE THE EVENT.

TYPE: THERE ARE THREE TYPES OF SESSIONS INCLUDED IN THE PROGRAM. THEY ARE LONG RUNS, INTERVAL RUNS AND RECOVERY RUNS. IT IS ALSO RECOMMENDED TO COMPLETE STRENGTH TRAINING THROUGHOUT THE PROGRAM FOR EVEN GREATER RESULTS.

THE SESSIONS

INTERVALS TO BEST PREPARE FOR THE EVENT IT IS IMPORTANT TO BUILD STRENGTH THROUGH INTERVAL TRAINING. THERE WILL BE A VARIETY OF DIFFERENT INTERVAL SESSIONS THROUGHOUT THE PROGRAM THAT WILL MAKE YOU FASTER OVER THE 10KM COURSE. INTERVAL SESSIONS ARE DESIGNED TO GET THE HEART RATE UP!

LONG RUNS LONG RUNS BUILD ENDURANCE AND WILL PREPARE YOU BOTH PHYSICALLY AND MENTALLY FOR RACE DAY. YOUR LONG RUNS SHOULD BE RUN AT A COMFORTABLE PACE.

RECOVERY RUNS YOUR RECOVERY RUNS ARE MORE IMPORTANT TO GET RIGHT THAN YOU THINK. USE THESE RUNS TO RECOVER FROM THE HARDER SESSIONS THROUGHOUT THE WEEK AND LISTEN TO YOUR BODY. RECOVERY RUNS SHOULD BE DONE AT A TALKING PACE.

REST DAYS TIME TO RECHARGE AND RECOVER! IT IS IMPORTANT TO LISTEN TO YOUR BODY. REST DAYS ARE SCHEDULED THROUGHOUT THE PROGRAM HOWEVER, PROGRAMS ARE FLEXIBLE SO IF YOU NEED A REST DAY IT IS ALWAYS BETTER TO TAKE ONE THAN PUSH THROUGH.



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TOP TIPS FROM PROFEET PODIATRY



WITH THE RUN 4 GEELONG EVENT NOT FAR AWAY, HERE ARE
SOME TIPS FROM THE TEAM AT PROFEET PODIATRY ON HOW TO
CORRECTLY PREPARE, MAINTAIN AND IMPROVE OVERALL
PHYSICAL AND MENTAL HEALTH TO COMPLETE THE RUN IN A
SAFE AND EFFICIENT MANNER

FOOTWEAR
MOBILITY WORK
SOFT TISSUE / MASSAGE
FOLLOW A STRUCTURED RUN PROGRAM
ADDRESS ANY NIGGLES WHEN THEY OCCUR

FOOTWEAR - RUNNERS AND WORK/EVERYDAY SHOES

RELIABLE AND STABLE RUNNERS ARE KEY IN COMPLETING A RUN, CALL INTO ACTIVE FEET FOR A COMPLIMENTARY FOOTWEAR ASSESSMENT AND GAIT ANALYSIS.

WORK / EVERYDAY SHOES ARE EQUALLY AS IMPORTANT AS THIS IS THE SHOE YOU'LL BE RECOVERING IN AND DOING THE MAJORITY OF LOADING ON YOUR FEET. OUR ACTIVE FEET STORES IN GEELONG AND OCEAN GROVE WILL BE HAPPY TO HELP WITH PERSONALISED FITTINGS AND FOOTWEAR ADVICE.

MOBILITY WORK

WHILE GETTING THE KMS IN IS IMPORTANT FOR OUR TRAINING, SO IS OUR MOBILITY. PRIORITISE PRE AND POST RUN STRETCHING AND DYNAMIC MOVEMENTS TO ALLOW THE BODY TO REMAIN FLUID. THIS WILL REDUCE THE LIKELIHOOD OF INJURY LONG TERM. MOBILITY EXERCISES THAT WE RECOMMEND

INCLUDE:

CALF STRETCHING

TOE YOGA

ANKLE CIRCLES

UNDER THE FOOT BALL ROLLING

SOFT TISSUE / MASSAGE

IN LINE WITH MOBILITY WORK, SOFT TISSUE TREATMENT / MASSAGE WILL BENEFIT YOUR RUNNING TRAINING. REDUCING INFLAMMATION AND INCREASED BLOOD FLOW FOR BETTER RECOVERY BETWEEN SESSIONS.

FOLLOW A STRUCTURED RUN PROGRAM

REGISTERING FOR AN EVENT AND TAKING ON A NEW CHALLENGE IS EXCITING. MAKE SURE YOU FOLLOW A SPECIFIC TRAINING PROGRAM PUT TOGETHER BY SOMEONE YOU TRUST TO GET THE BEST OUT OF YOUR TRAINING AND ACHIEVE YOUR RUNNING GOALS. TRUST THE PROCESS.

TIP: IF YOU MISS A SESSION, DON'T TRY AND PLAY CATCH UP!

ADDRESS ANY NIGGLES WHEN THEY OCCUR

WITH INCREASED LOADING THROUGH YOUR BODY AND BUILDING UP YOUR RUNNING, THERE IS A CHANCE A NIGGLE MAY POP UP. LISTEN TO YOUR BODY AND MAKE SURE YOU SEEK PROFESSIONAL HELP AS SOON AS POSSIBLE TO GET YOU BACK ON TRACK QUICKER.

OUR PODIATRY TEAM ARE ACROSS 16 LOCATIONS IN THE MELBOURNE AND GEELONG REGION. TREATMENTS THAT WE FREQUENTLY INCORPORATE FOR OUR RUNNING CLIENTS INCLUDE:

SOFT TISSUE MASSAGE

SHOCKWAVE THERAPY

MOBILITY EXERCISE

RUNNING ANALYSIS AND MONITORING OF RUNNING LOAD



PRE PROGRAM

CAUTION!

YOU ARE ABOUT TO ENTER A PERIOD OF YOUR LIFE WHERE YOU DISCOVER YOUR LOVE FOR RUNNING AND FIND A COMMUNITY OF PEOPLE TO HELP SUPPORT YOU TOWARDS YOUR GOALS

HOWEVER BEFORE YOU START JUST A LAST COUPLE OF THINGS:

1) ENSURE YOU ARE FEELING READY AND HEALTHY BEFORE STARTING THIS PROGRAM. IT IS GOING TO REQUIRE PLENTY OF COMMITMENT AND PATIENCE HOWEVER IT WILL ALL BE WORTH IT WHEN YOU CROSS THAT LINE IN NOVEMBER. IF YOU DO HAVE ANY NIGGLES OR HAVE STRUGGLED WITH INJURY IN THE PAST PLEASE SEE A HEALTH PROFESSIONAL TO AVOID DISAPPOINTMENT.

2) ENSURE YOU HAVE BEEN FITTED INTO A NEW PAIR OF RUNNERS BEFORE STARTING THIS PROGRAM. RUNNING IN YOUR 12 MONTH OLD RUNNERS IS ONLY GOING MAKE THIS EXPERIENCE HARDER THAN IT NEEDS TO BE. OUR TEAM AT ACTIVE FEET GEELONG AND OCEAN GROVE WOULD BE MORE THAN HAPPY TO HELP FIT YOU INTO A FRESH PAIR OF RUNNERS SPECIFICALLY MADE FOR YOU.

PRE PROGRAM

3) A WARM UP AND COOL DOWN SHOULD BE COMPLETED AT THE START AND END OF EVERY SESSION TO HELP AVOID ANY INJURY OR SORENESS. THIS WILL ENABLE YOU TO TRAIN AT A GREATER INTENSITY AND ACHIEVE MORE BENEFITS FROM THE SESSION. BELOW IS AN EXAMPLE OF A WARM UP AND COOL DOWN THAT COULD BE COMPLETED:

WARM UP

5 MINS SLOW JOGGING / WALKING
5 MINS OF DYNAMIC STRETCHING SUCH AS:
LEG SWINGS
SQUAT JUMPS
CALF RAISES
BOUNDING
SKIPPING

COOL DOWN

5 MINS SLOW JOGGING / WALKING
5 MINS OF STATIC STRETCHING SUCH AS:
TOE TOUCHES
KNEE TO CHEST
QUAD GRABS
COBRA STRETCH
BUTTERFLY STRETCH



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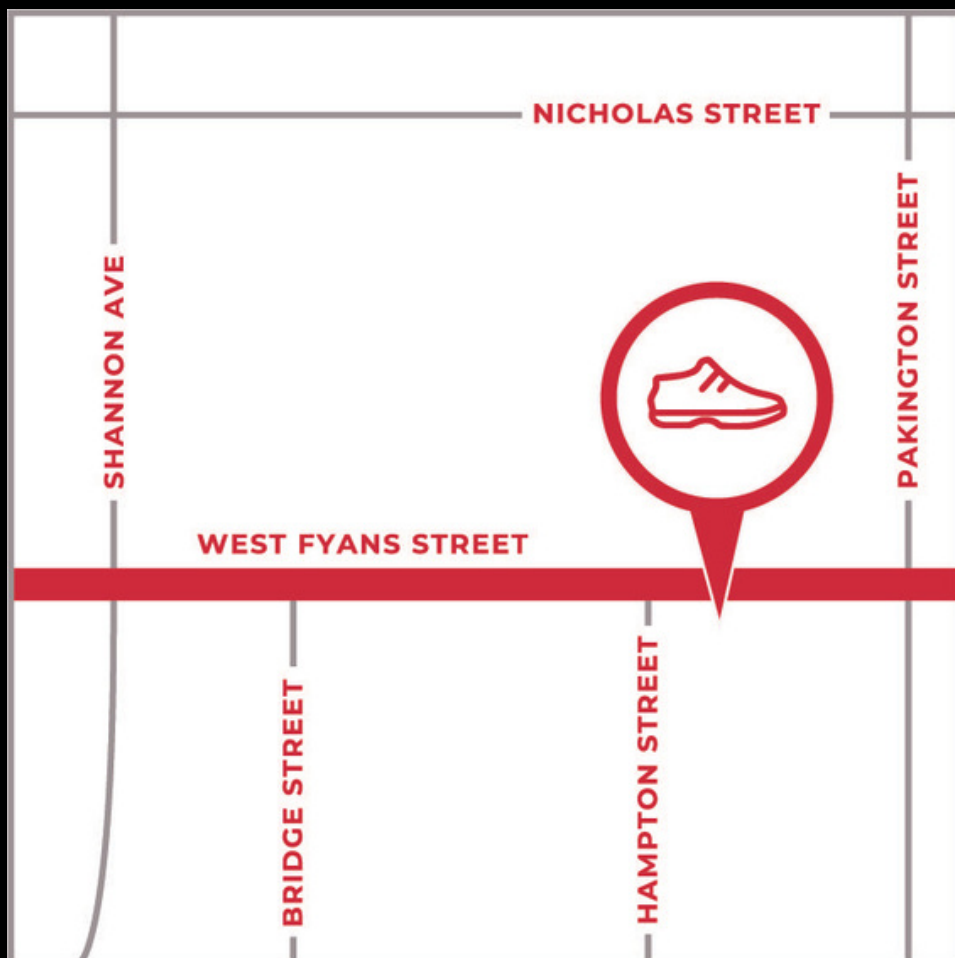
 ProFeet

JOIN US

**FOR THE 8 WEEKS LEADING INTO RUN FOR GEELONG.
JOIN US FOR A RUN FROM ACTIVE FEET NEWTOWN
LEAD BY OUR TEAM. ALL ABILITIES WELCOME!
LOOK OUT ON SOCIALS FOR ANY UPDATES!**

WHEN: 8AM SUNDAY MORNINGS

WHERE: 89 WEST FYANS STREET, NEWTOWN





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WEEK 1

8 WEEKS TO GO

REMEMBER TO WARM UP AND COOL DOWN EACH INTERVAL SESSION (SEE PAGE 15)

FIRST TIMER

SESSION 1: LONG RUN
1 MIN JOG 1 MIN WALK
FOR 20 MINS
RPE: 4-6

SESSION 2: INTERVAL SESSION
20 SECS HARD 40 SEC SLOW
JOG/WALK FOR 10 MINS
RPE: 7-8

SESSION 3: RECOVERY RUN
1MIN JOG 2 MIN WALK FOR 15 MIN
RPE: 2-3

INTERMEDIATE

SESSION 1: LONG RUN
30 MINS SLOW JOG
RPE: 4-6
DISTANCE: 5-7KM

SESSION 2: INTERVAL SESSION
45 SECS HARD 75 SEC SLOW JOG
FOR 20MINS
RPE: 7-8
DISTANCE: 4-5KM

SESSION 3: RECOVERY RUN
20 MIN SLOW JOG
RPE: 2-3
DISTANCE: 3-4KM

TOP TIP: PATIENCE IS KEY, WE DON'T NEED TO RUN 10KM
TOMORROW. TRUST THE PROCESS.

WEEK 2

7 WEEKS TO GO

REMEMBER TO WARM UP AND COOL DOWN EACH INTERVAL SESSION (SEE PAGE 15)

FIRST TIMER

SESSION 1: LONG RUN
2 MIN JOG 1 MIN WALK
FOR 20 MINS
RPE: 4-6

SESSION 2: INTERVAL SESSION
STAIR CLIMBS
JOG UP WALK BACK X 10
RPE: 7-8

SESSION 3: RECOVERY RUN
1MIN JOG 1MIN WALK FOR 15 MIN
RPE: 2-3

INTERMEDIATE

SESSION 1: LONG RUN
35 MINS SLOW JOG
RPE: 4-6
DISTANCE: 6-7KM

SESSION 2: INTERVAL SESSION
HILL SPRINTS
SPRINT UP SLOW JOG BACK X 10
RPE: 7-8
DISTANCE: 2-3KM

SESSION 3: RECOVERY RUN
25 MIN SLOW JOG
RPE: 2-3
DISTANCE: 4-5KM

TOP TIP: GEELONG RESIDENTS, HEAD TO EASTERN BEACH FOR YOUR STAIR CLIMBS / HILL REPEATS, GRAB A COFFEE AT THE BEACH HOUSE AFTERWARDS!

*FOR STAIR CLIMBS WE RECOMMEND RUNNING UP THE STAIRS AND DOWN THE RAMP FOR A LONGER RECOVERY.

WEEK 3

6 WEEKS TO GO

REMEMBER TO WARM UP AND COOL DOWN EACH INTERVAL SESSION (SEE PAGE 15)

FIRST TIMER

SESSION 1: LONG RUN
2 MIN JOG 30 SEC WALK
FOR 20 MINS
RPE: 4-6

SESSION 2: INTERVAL SESSION
400M EFFORTS X 8
3MIN REST INBETWEEN SETS
RPE: 7-8
DISTANCE: 3.2KM

SESSION 3: RECOVERY RUN
1MIN SLOW JOG 1 MIN WALK
FOR 20 MIN
RPE: 2-3

INTERMEDIATE

SESSION 1: LONG RUN
3KM SLOW JOG
2KM RACE PACE
2KM SLOW JOG
RPE: 5-6
DISTANCE: 7KM

SESSION 2: INTERVAL SESSION
1KM EFFORTS X 5
2 MIN REST INBETWEEN SETS
RPE: 7-8
DISTANCE: 5KM

SESSION 3: RECOVERY RUN
30 MIN SLOW JOG
RPE: 2-3
DISTANCE: 5-6KM

TOP TIP: WE RECOMMEND HAVING A LIGHTER PAIR OF SHOES FOR INTERVAL SESSIONS AND RACE DAY. YOU WILL FEEL LIGHTER AND FASTER FOR THESE SESSIONS WHICH IS GREAT WHEN YOUR LEGS ARE MOVING QUICKER AND THE HEART RATE IS HIGHER!

WEEK 4

5 WEEKS TO GO

REMEMBER TO WARM UP AND COOL DOWN EACH INTERVAL SESSION (SEE PAGE 15)

FIRST TIMER

SESSION 1: LONG RUN
20 MIN CONTINUOUS SLOW JOG
RPE: 4-6
DISTANCE: 3-4KM

SESSION 2: INTERVAL SESSION
HILL SPRINTS X 10
HARD UP WALK BACK RECOVERY
RPE: 7-8
DISTANCE: 2-3KM

SESSION 3: RECOVERY RUN
4MIN SLOW JOG 1 MIN WALK
FOR 20 MIN
RPE: 2-3
DISTANCE: 2-3KM

INTERMEDIATE

SESSION 1: LONG RUN
2KM SLOW JOG
4KM RACE PACE
2KM SLOW JOG
RPE: 5-6
DISTANCE: 8KM

SESSION 2: INTERVAL SESSION
500M SPRINT 500M SLOW JOG
X 5
RPE: 7-8
DISTANCE: 5KM

SESSION 3: RECOVERY RUN
30 MIN SLOW JOG
RPE: 2-3
DISTANCE: 5-6KM

TOP TIP: GRAB A FRIEND FOR YOUR RECOVERY RUNS SO YOU CAN RUN AT A TALKING PACE. PLUS RUNNING WITH A FRIEND IS WAY MORE FUN! YOU MIGHT EVEN LIKE TO REMIND THEM TO SIGN UP FOR R4G!

WEEK 5

4 WEEKS TO GO

REMEMBER TO WARM UP AND COOL DOWN EACH INTERVAL SESSION (SEE PAGE 15)

FIRST TIMER

SESSION 1: LONG RUN
30 MIN CONTINUOUS SLOW JOG
RPE: 4-6
DISTANCE: 4-5KM

SESSION 2: INTERVAL SESSION
200M, 400M, 600M EFFORTS THEN
600M, 400M, 200M EFFORTS
2 MIN REST INBETWEEN REPS
RPE: 7-8
DISTANCE: 2.4KM

SESSION 3: RECOVERY RUN
20MIN CONTINUOUS SLOW JOG
RPE: 2-3
DISTANCE: 3-4KM

INTERMEDIATE

SESSION 1: LONG RUN
10KM CONTINUOUS RUN
RPE: 5-6
DISTANCE: 8KM

SESSION 2: INTERVAL SESSION
600M, 800M, 1KM EFFORTS THEN
1KM, 800M, 600M EFFORTS
3MIN REST INBETWEEN REPS
RPE: 7-8
DISTANCE: 4.8KM

SESSION 3: RECOVERY RUN
40MIN SLOW JOG
RPE: 2-3
DISTANCE: 7-8KM

TOP TIP: HEAD TO LANDY FIELD OR DEAKIN UNIVERSITY, WAURN PONDS FOR YOUR INTERVAL SESSIONS. THE TRACK IS A SOFTER SURFACE WHICH YOUR KNEES WILL LOVE!

WEEK 6

3 WEEKS TO GO

REMEMBER TO WARM UP AND COOL DOWN EACH INTERVAL SESSION (SEE PAGE 15)

FIRST TIMER

SESSION 1: LONG RUN
40 MIN CONTINUOUS SLOW JOG
RPE: 4-6
DISTANCE: 6-7KM

SESSION 2: INTERVAL SESSION
200M / 1MIN HILL SPRINTS
SPRINT UP SLOW JOG BACK X 12
RPE: 7-8
DISTANCE: 3-4KM

SESSION 3: RECOVERY RUN
30 MIN CONTINUOUS SLOW JOG
RPE: 2-3
DISTANCE: 5-6KM

INTERMEDIATE

SESSION 1: LONG RUN
2KM SLOW JOG
6KM RACE PACE
3KM SLOW
RPE: 5-6
DISTANCE: 11KM

SESSION 2: INTERVAL SESSION
500M / 2MIN HILL EFFORTS
HARD UP JOG BACK X 5
RPE: 7-8
DISTANCE: 5KM

SESSION 3: RECOVERY RUN
9KM SLOW JOG
RPE: 3-4

TOP TIP: THERE IS A SNEAKY HILL ALONG THE R4G COURSE! THESE HILL REPS WILL PREPARE YOU PERFECTLY FOR RACE DAY!

WEEK 7

2 WEEKS TO GO

REMEMBER TO WARM UP AND COOL DOWN EACH INTERVAL SESSION (SEE PAGE 15)

FIRST TIMER

SESSION 1: LONG RUN
30 MIN CONTINUOUS SLOW JOG
RPE: 4-6
DISTANCE: 4-6KM

SESSION 2: INTERVAL SESSION
1KM HARD 1KM EASY FOR 5KM
RPE: 7-8

SESSION 3: RECOVERY RUN
20 MIN CONTINUOUS SLOW JOG
RPE: 2-3
DISTANCE: 5-6KM

INTERMEDIATE

SESSION 1: LONG RUN
8KM CONTINUOUS SLOW JOG
RPE: 4-6

SESSION 2: INTERVAL SESSION
6 X 90 SECS HARD 60 SEC SLOW JOG
10 X 30 SEC HARD 30 SEC SLOW JOG
RPE: 7-8
DISTANCE: 5-6KM

SESSION 3: RECOVERY RUN
6KM CONTINUOUS SLOW JOG
RPE: 2-3

TOP TIP: THIS IS YOUR LAST BIG WEEK BEFORE TAPER. PUSH YOURSELF AND CELEBRATE HOW FAR YOU'VE COME!

WEEK 8

7 DAYS TO GO

FIRST TIMER

SESSION 1: LONG RUN
40 MIN CONTINUOUS SLOW JOG
RPE: 4-6
DISTANCE: 6-7KM

SESSION 2: RECOVERY RUN
25 MIN CONTINUOUS SLOW
JOG
RPE: 2-3
DISTANCE: 3-4KM

INTERMEDIATE

SESSION 1: LONG RUN
40 MIN CONTINUOUS SLOW JOG
RPE: 4-6
DISTANCE: 7-8KM

SESSION 2: RECOVERY RUN
30 MIN CONTINUOUS SLOW
JOG
RPE: 2-3
DISTANCE: 5-6KM

TOP TIP: TAPER WEEK! REMEMBER YOU WANT TO LET YOUR BODY RECOVER BEFORE RACE DAY! NO HARD SESSIONS THIS WEEK. DRINK LOTS OF WATER, EAT THOSE CARBS AND GOOD LUCK!



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RACE DAY TIPS

YOU'VE MADE IT!

AFTER HOURS OF DEDICATION, HARD WORK AND SACRIFICE THE DAY HAS FINALLY ARRIVED. NOW ITS TIME TO RELAX AND HAVE FUN. YOU KNOW YOU'VE DONE ALL THE WORK AND COMPLETED EVERYTHING THAT HAS BEEN REQUIRED OF YOU. YOU ARE IN THE BEST SHAPE OF YOUR LIFE AND ARE READY FOR THE CHALLENGE THAT LIES AHEAD. HERE ARE A FEW TIPS ON RACE DAY TO ENSURE THAT YOU SMASH YOUR NEXT PB!

1) WAKE UP EARLY – ENSURE YOU WAKE UP AT LEAST 2HRS BEFORE YOUR EVENT TO FUEL UP AND HYDRATE BEFORE THE RACE. RUNNING EVENTS CAUSE ROAD CLOSURES AND IT CAN OFTEN TAKE LONGER THAN USUAL TO ARRIVE AT THE START LINE SO GIVE YOURSELF PLENTY OF TIME.

2) WARM UP – EVEN FOR LONGER EVENTS IT IS GOOD TO COMPLETE A WARMUP TO HELP REDUCE THE RISK OF CRAMPING AND INJURY. FEELING GOOD WHEN THAT GUN GOES OFF IS IMPORTANT TO HELP GET YOUR BEST RESULT.

3) FUELLING – ENSURE YOU HAVE CONSUMED PLENTY OF CARBOHYDRATES DURING RACE WEEK TO TOP UP YOUR STORES. HYDRATION IS ALSO IMPORTANT AS YOU WILL LOSE A LOT OF FLUID DURING THE RUN.

RACE DAY TIPS

4) MUSIC – EVERYONE HAS THEIR OWN PERSONAL VIEWS WHEN IT COMES TO LISTENING TO SOMETHING WHILE RUNNING. SOME LIKE TO MONITOR THEIR OWN BREATHING AND SOAK UP THE ATMOSPHERE OF THE EVENT WHILE OTHERS FIND THAT IT DISTRACTS THEM AND MAKES RUNNING EASIER.

5) STRATEGY – DON'T GO OUT TOO HARD. AFTER A FEW DAYS REST YOU SHOULD BE FEELING GREAT AND IT'S EASY TO GET SWEEPED UP WITH THE CROWD AT THE START OF A RACE. THERE'S NOTHING WORSE THAN BLOWING UP AT THE BACK END OF A RACE AND FEELING LIKE YOUR BEING OVERTAKEN BY EVERYONE. TO LIMIT THIS COMPLETE THE FIRST HALF OF THE RACE AT A NICE COMFORTABLE PACE SLIGHTLY SLOWER THAN YOUR DESIRED RACE PACE. SAVE YOUR TICKETS FOR THE END WHERE YOU CAN FINISH OFF STRONG AND MAKE UP TIME.

RELAX AND ENJOY THE EXPERIENCE! WELL DONE ON MAKING IT THIS FAR AND EMBRACE THE PAIN. REMEMBER THAT YOU PAID FOR THIS 😊



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TOP RUNNING SPOTS

EASTERN GARDENS: THIS GRAVEL TRACK AROUND THE BOTANICAL GARDENS IS THE PERFECT PLACE TO COMPLETE LONG RUNS AND RECOVERY RUNS. SOME SMALL ROLLING HILLS WILL GET YOU WELL PREPARED FOR RACE DAY AND FAMILAIR WITH THE AREA

LANDY FIELD: GEELONG'S PREMIER ATHLETICS TRACK JUST BEHIND EASTERN GARDENS IS A GREAT PLACE TO COMPLETE ANY INTERVAL OR FARTLEK SESSIONS AHEAD OF THE RUN4GEELONG

BARWON RIVER TRACK: THE PAVED PATH THAT RUNS ALONGSIDE THAT RUNS ALONGSIDE THE THE BARWON RIVER TO CREATE A 20KM LOOP IS GREAT FOR ANY LONG RUNS OR SLOW RECOVERY JOGS

WATERFRONT TRACK: PAVED PATH RUNNING FROM EASTERN BEACH TO RIPPLESIDE IS ANOTHER SCENIC AND GREAT PLACE TO COMPLETE ANY LONG RUNS OR RECOVERY RUNS.

EASTERN GARDENS GOLF CLUB: IT WILL BE IMPORTANT TO GET FAMILIAR WITH WHAT'S KNOWN AS HEARTBREAK HILL BEFORE THE EVENT. IF YOUR LOOKING FOR A CHALLENGE THIS WOULD BE THE PERFECT SPOT TO COMPLETE HILL SPRINTS SESSIONS OUTLINED IN THE PROGRAM AND ENSURE YOU ARE READY FOR RACE DAY.

EASTERN BEACH: VERY SCENIC PLACE TO COMPLETE STAIR RUNS AND HILL SPRINTS INCLUDED IN THE PROGRAM



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SHOE SELECTION

LONG RUNS / RECOVERY RUNS: WHEN YOU'RE POUNDING THE PAVEMENT FOR LONG PERIODS OF TIME HAVING A NICE CUSHIONED FEEL UNDERFOOT WILL BE OPTIMAL FOR YOUR BODY. FOR THESE TYPE OF RUNS WE RECOMMEND THE ASICS NIMBUS, ASICS KAYANO, HOKA BONDI, HOKA CLIFTON, BROOKS GLYCERIN/GTS, NEW BALANCE 1080, NEW BALANCE MORE, MIZUNO WAVE SKY, BROOKS GHOST + MORE

INTERVAL / FARTLEK SESSIONS : FOR SHORTER AND FASTER SESSION A LIGHTER WEIGHT SHOE WITH PLENTY OF RESPONSIVENESS WILL ENABLE TO RUN FAST DURING TRAINING SESSIONS. FOR THESE TYPE OF RUNS WE RECOMMEND THE HOKA MACH, SAUCONY ENDORPHIN SPEED, ASICS MAGIC SPEED, BROOKS HYPERION

RACE DAY: FOR RACE DAY IN ORDER TO FEEL INCREDIBLE AND ACHIEVE YOUR PERSONAL BEST A NEW PAIR OF RACE SHOES WILL BE REQUIRED. THESE SHOES ARE LIGHTER WEIGHT AND MORE RESPONSIVE THAN TRAINING SHOES AND PROVIDE YOU WITH GREATER ENERGY RETURN. FOR RACE DAY WE RECOMMEND THE SAUCONY ENDORPHIN PRO, HOKA CARBON X, ASICS META SPEED SKY, MIZUNO WAVE REBELLION PRO

MAKE SURE YOU POP IN STORE TO REDEEM FOR \$40 VOUCHER!

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Active Feet OG + Geelong
Geelong, Victoria



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ACTIVE FEET VOUCHER

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ADULTS SHOES!

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\$40 Footwear Voucher

We look forward to seeing you in the store soon!

*To be redeemed on one pair of adults shoes, not in conjunction with any other offer, Archies thongs and accessories not included.

Expiry: Feb 2024

Valid at Active Feet Ocean Grove and Geelong.

Code: R4G2023

THIS TRAINING PROGRAM BROUGHT TO YOU BY:

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AC AARON COLLINS

PLEASE CONTACT ALLY@ACTIVEFEETOG.COM.AU WITH ANY QUESTIONS. HAPPY TO HELP!