**Enjoying summer to its fullest**

Living in a wonderful country like South Africa there is a lot of advantages we as runners have. Not only great weather almost twelve months of the year. But our nice hot summers. With long days and heat to train in. What more does a runner want.

Use summer to its full potential and start running. This program is ideal for the runner that just started up taking running and want to run distances over 10km and 5km. This program focuses on a sub ! hour 10km time. I always stick to training shorter distances when training for a 10km or shorter. For me it is not about quantity but quality in training for shorter distances. The focus is still to improve times and enjoy it. Never forgetting the key to success is having the pleasure of enjoying the training while out on the road.

There is going to be time that you feel like not running. Then the secret is just putting on your running shoes and walking out the front door. The hardest part is already done by just doing that simple task. Then the fun starts with the running.

Running is my way of feeling good and healthy. No matter if it is a bad run or good run. It is still a run. Only way to get started is to start…

**Set your goal to run for:**

Goal: Spar Ladies Pretoria 10km

Date: 30 August 2014

Time: Sub 1hour

**Training Program:**

Don’t push yourself to hard. Take it easy and remember to enjoy it. Start off easy and walk when need to. Focus should be on finishing the sessions and not necessary how fast. Consistency is key to getting fitter.

Happy Green Miles Greeting

Irvette van Zyl

Nedbank Marathon Runner

