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# Free training head start for runners

## **hbf run** FOR A REASON

**NICK SAS**

Caroline Walters and Cat Walker agree they need a little extra training before the HBF Run for a Reason in May.

So the duo, who consider themselves as “part-time” runners, have committed to free outdoor training sessions for that extra tone-up before the big day.

The free training sessions run every Monday and Wednesday at Langley Park for an hour from

5.30pm to 6.30pm up to and including May 18.

Run by the team at Conan Fitness, the training is divided into beginner, intermediate and advanced sessions.

Luke Dimasi, owner of Conan Fitness, said those not registered for the run could still participate in the open training sessions.

But he said the runners planning to take on the 4.5km or 14km categories on May 22 could benefit from the extra fitness

work. “We’ll have six or seven trainers down here, with a focus on interval-based fitness,” he said

Event manager Kiersten Crowe, who participated in the training sessions last year with 150 others, said with the north versus south rivalry as the theme for this year, more runners could use the training to check out their rivals.

Ms Walters and Ms Walker live in Palmyra but they said their allegiances were with the north after growing up in Cottesloe.



Extra miles in the legs: Luke Dimasi leads a group of joggers in preparation for the big day.

Picture: Lincoln Baker