

12km Bay To Bay Running Festival: 16 Week Walk to Run Training Program. Week 13 to 16



✦ This program has been designed for those who have walked / run the Bay To Bay before, or are getting started on their fitness journey and are walking / running the 12km Bay To Bay for the first time. Everyone will progress at different stages so move onto the next week only if you feel ready. Take extra walking breaks if you need them

✦ The total session time is written at the top of each day. Start with at least a 5 minute walk, followed by the run / walk intervals and finish with a walk to give you the total time. Note, you can change the days you run as long as you leave a day rest in between running



RunFit 2260 ✦ Cross Training includes activities such as cycling, swimming and rowing

✦ If you have any questions about the program, or if you would like a personalised program for an upcoming event, please email: info@runfit2260.com.au

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------------------------|--|---------------------|---|----------|---------------------|---|--|
| WEEK 13 w/c: 18/5 | 50 minutes total including: 3 x (2k run / 2 min walk) <i>Total Run: 6km</i> | Rest or Cross Train | 30 minutes total including: 6 x (2 min run / 1 min walk) <i>Total Run: 12 mins</i> | Rest | Rest or Cross Train | 90 minutes total including: 10k run <i>Total Run: 10km</i> | Rest |
| WEEK 14 w/c: 25/5 | 50 minutes total including: 2 x (3k run / 2 min walk) <i>Total Run: 6km</i> | Rest or Cross Train | 30 minutes total including: 5 x (2 min run \ 1 min walk) <i>Total Run: 10 mins</i> | Rest | Rest or Cross Train | 80 minutes total including: 9k run <i>Total Run: 9km</i> | Rest |
| WEEK 15 w/c: 1/6 | 40 minutes total including: 2 x (2k run / 2 min walk) <i>Total Run: 4km</i> | Rest or Cross Train | 30 minutes total including: 4 x (2 min run / 1 min walk) <i>Total Run: 8 mins</i> | Rest | Rest or Cross Train | 60 minutes total including: 6k run <i>Total Run: 6km</i> | Rest |
| WEEK 16 w/c: 8/6 | 30 minutes total including: 3k run <i>Total Run: 3km</i> | Rest or Cross Train | 20 minutes total including: 4 x (1 min run / 1 min walk) <i>Total Run: 4 mins</i> | Rest | Rest or Cross Train | Rest | BAY TO BAY 12K GOOD LUCK & HAVE FUN |