



Bay to Bay Running Festival 2024

12km: over 60 minute runner Week 1 to 4

RunFit 2260

www.runfit2260.com.au
E: mel@runfit2260.com.au

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL KMS
WEEK 1 Starts 25/03 12 weeks to go	3km run	Rest or Cross Train	4km total run including: 4 x (400m / 3 min recovery) <i>* Track / Speed</i>	Rest	Rest or Cross Train	5km run <i>Long Run</i>	Recovery	Total weekly = 12km
WEEK 2 Starts 01/04 11 weeks to go	4km run	Rest or Cross Train	4km total run including: 6 x (400m / 3 min recovery) <i>* Track / Speed</i>	Rest	Rest or Cross Train	6km run <i>Long Run</i>	Recovery	Total weekly = 14km
WEEK 3 Starts 08/04 10 weeks to go	4km run	Rest or Cross Train	4km total run: including: 3 x (800m / 3 min recovery) <i>* Track / Speed</i>	Rest	Rest or Cross Train	8km run <i>Long Run</i>	Recovery	Total weekly = 16km
WEEK 4 Starts 15/04 9 weeks to go	3km run	Rest or Cross Train	3km total run including: 4 x (400m / 3 min recovery) <i>* Track / Speed</i>	Rest	Rest or Cross Train	6km total run including: 5k Park Run at tempo pae <i>Tempo</i>	Recovery	Total weekly = 12km

* Wed "Track / Speed": run this session at a running track or an oval if possible, or if you would like to attend the RunFit 2260 Wed 5.45pm track session at Mingara Regional Athletics Centre contact mel@runfit2260.com.au for further information and cost
Note, please seek guidance from your GP or appropriate allied health professional prior to undertaking physical activity / exercise