

# 12 Week Bay to Bay Running Festival 2021

## 12k over 60 minutes Training Program: Week 1 to 4

**RUNFIT**  
2260

f RunFit 2260

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|   | MONDAY | TUESDAY             | WEDNESDAY  | THURSDAY | FRIDAY              | SATURDAY   | SUNDAY   | TOTAL KMS                            |
|---|--------|---------------------|--|----------|---------------------|--|----------|--------------------------------------|
| <b>WEEK 1</b><br>12 weeks to go<br>Starts: 29/3 | 3k run | Rest or Cross Train | <b>4k total run</b><br>including: 4 x<br>(400m / 3 min<br>recovery)<br><i>*Track/Speed</i> | Rest     | Rest or Cross Train | 5k run<br><br><i>Long Run</i>  | Recovery | <b>Weekly kms</b><br><br>Total = 12k |
| <b>WEEK 2</b><br>11 weeks to go<br>Starts: 5/4  | 4k run | Rest or Cross Train | <b>4k total run</b><br>including: 6 x<br>(400m / 3 min<br>recovery)<br><i>*Track/Speed</i> | Rest     | Rest or Cross Train | 6k run<br><br><i>Long Run</i>  | Recovery | <b>Weekly kms</b><br><br>Total = 14k |
| <b>WEEK 3</b><br>10 weeks to go<br>Starts: 12/4 | 4k run | Rest or Cross Train | <b>4k total run</b><br>including: 3 x<br>(800m / 3 min<br>recovery)<br><i>*Track/Speed</i> | Rest     | Rest or Cross Train | 8k run<br><br><i>Long Run</i>  | Recovery | <b>Weekly kms</b><br><br>Total = 16k |
| <b>WEEK 4</b><br>9 weeks to go<br>Starts: 19/4  | 3k run | Rest or Cross Train | <b>3k total run</b><br>including: 4 x<br>(400m / 3 min<br>recovery)<br><i>*Track/Speed</i> | Rest     | Rest or Cross Train | <b>6k total</b><br>including 5k Park<br>Run at tempo<br>pace<br><i>Tempo</i> | Recovery | <b>Weekly kms</b><br><br>Total = 12k |

\* 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