

# 12 Week Bay to Bay Running Festival 2021

## 12k over 60 minutes Training Program: Week 5 to 8

**RUNFIT**  
2260

f RunFit 2260

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|  | MONDAY | TUESDAY             | WEDNESDAY   | THURSDAY | FRIDAY              | SATURDAY  | SUNDAY   | TOTAL KMS                 |
|--|--------|---------------------|---|----------|---------------------|---|----------|---------------------------|
| <b>WEEK 5</b><br>8 weeks to go<br>Starts: 26/4 | 4k run | Rest or Cross Train | <b>4k total run</b><br>including: 3 x (1k / 3 min recovery)<br>*Track/Speed   | Rest     | Rest or Cross Train | 10k run<br>Long Run   | Recovery | Weekly kms<br>Total = 18k |
| <b>WEEK 6</b><br>7 weeks to go<br>Starts: 3/5  | 4k run | Rest or Cross Train | <b>4k total run</b><br>including: 4 x (800m / 3 min recovery)<br>*Track/Speed | Rest     | Rest or Cross Train | 12k run<br>Long Run   | Recovery | Weekly kms<br>Total = 20k |
| <b>WEEK 7</b><br>6 weeks to go<br>Starts: 10/5 | 4k run | Rest or Cross Train | <b>5k total run</b><br>including: 4 x (1k / 3 min recovery)<br>*Track/Speed   | Rest     | Rest or Cross Train | 12k run<br>Long Run   | Recovery | Weekly kms<br>Total = 21k |
| <b>WEEK 8</b><br>5 weeks to go<br>Starts: 17/5 | 3k run | Rest or Cross Train | <b>3k total run</b><br>including: 4 x (400m / 3 min recovery)<br>*Track/Speed | Rest     | Rest or Cross Train | <b>6k total run</b><br>including 5k Park Run at tempo pace<br>Tempo | Recovery | Weekly kms<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