



# Bay to Bay Running Festival 2024

## 12km: over 60 minute runner Week 5 to 8

f RunFit 2260

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL KMS
<b>WEEK 5</b> Starts 22/04  8 weeks to go	4km run	Rest or Cross Train	4km total run: including: 3 x (1km / 3 min recovery)  <i>* Track / Speed</i>	Rest	Rest or Cross Train	10km run  <i>Long Run</i>	Recovery	Total weekly = 18km
<b>WEEK 6</b> Starts 29/04  7 weeks to go	4km run	Rest or Cross Train	5km total run: including: 4 x (800m / 3 min recovery)  <i>* Track / Speed</i>	Rest	Rest or Cross Train	12km run  <i>Long Run</i>	Recovery	Total weekly = 21km
<b>WEEK 7</b> Starts 06/05  6 weeks to go	4km run	<b>Option 1:</b> <i>Coast Runners Shop Race Night</i> 3km  <i>* Total run with warm up / down: 6km</i>	<b>or Option 2:</b> <i>Rest on Tues &amp; run your own 3km time trial today</i>  <i>* Total run with warm up / down: 6km</i>	Rest	Rest or Cross Train	12km run  <i>Long Run</i>	Recovery	Total weekly = 22km
<b>WEEK 8</b> Starts 13/05  5 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