

12 Week Bay to Bay Running Festival 2021

12k over 60 minutes Training Program: Week 9 to 12

RUNFIT
2260

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL KMS
WEEK 9 4 weeks to go Starts: 24/5	4k run	Rest or Cross Train	5k total run including: 5 x (800m / 3 min recovery) *Track/Speed	Rest	Rest or Cross Train	14k run <i>Long Run</i>	Recovery	Weekly kms Total = 23k
WEEK 10 3 weeks to go Starts: 31/5	4k run	Option 1: Coast Runners Shop Race Night 3k time trial Total run with warm up / down: 4k	Option 2: Run Tue's run today and run own 3k time trial Total run with warm up / down: 4k	Rest	Rest or Cross Train	12k run <i>Long Run</i>	Recovery	Weekly kms Total = 20k
WEEK 11 2 weeks to go Starts: 7/6	3k run	Rest or Cross Train	4k total run including: 3 x (800m / 3 min recovery) *Track/Speed	Rest	Rest or Cross Train	10k run <i>Long Run</i>	Recovery	Weekly kms Total = 17k
WEEK 12 RACE WEEK Starts: 14/6	3k run	Rest or Cross Train	3k total run including: 4 x (400m / 3 min recovery) *Track/Speed	Rest	Rest or Cross Train	Rest	20th June BAY TO BAY 12k	GOOD LUCK

* 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