



# Bay to Bay Running Festival 2024

## 12km: over 60 minute runner Week 9 to 12



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|  | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY | FRIDAY              | SATURDAY                        | SUNDAY                                  | TOTAL KMS           |
|--|---------|--|---|----------|---------------------|---------------------------------|---|---------------------|
| <b>WEEK 9</b><br>Starts 20/05<br><br>4 weeks to go     | 4km run | Rest or Cross Train  | 5km total run:<br>including: 4 x<br>(1km / 3 min<br>recovery)<br><br><i>* Track / Speed</i>   | Rest     | Rest or Cross Train | 14km run<br><br><i>Long Run</i> | Recovery                                | Total weekly = 23km |
| <b>WEEK 10</b><br>Starts 27/05<br><br>3 weeks to go    | 4km run | Rest or Cross Train  | 5km total run:<br>including: 5 x<br>(800m / 3 min<br>recovery)<br><br><i>* Track / Speed</i>  | Rest     | Rest or Cross Train | 12km run<br><br><i>Long Run</i> | Recovery                                | Total weekly = 21km |
| <b>WEEK 11</b><br>Starts 03/06<br><br>2 weeks to go    | 3km run | <b>Option 1:</b><br><i>Coast Runners Shop Race Night</i><br>3km<br><br><i>* Total run with warm up / down: 4km</i> | <b>or Option 2:</b><br><i>Rest on Tues &amp; run your own 3km time trial today</i><br><br><i>* Total run with warm up / down: 4km</i> | Rest     | Rest or Cross Train | 10km run<br><br><i>Long Run</i> | Recovery                                | Total weekly = 17km |
| <b>WEEK 12</b><br>Starts 10/06<br><br><b>RACE WEEK</b> | 3km run | Rest or Cross Train  | 3km total run:<br><br>including: 4 x<br>(400m / 3 min<br>recovery)<br><br><i>* Track / Speed</i>                                      | Rest     | Rest or Cross Train | Rest                            | 16th June<br><br><b>Bay to Bay 12km</b> | <b>Good luck</b>    |

\* 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