

12 Week Bay to Bay Running Festival 2021

12k under 60 min Training Program: Week 1 to 4

RUNFIT
2260

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL KMS
WEEK 1 12 weeks to go Starts: 29/3	8k total run including fartlek: (4 x 30 sec effort / 30 sec easy jog recovery) <i>Fartlek</i>	Rest or Cross Train	6k total run including: 6 x (400m / 2 min recovery) <i>*Track/Speed</i>	Rest or Cross Train	8k run	12k <i>Long Run</i>	Recovery	Weekly kms Total = 34k
WEEK 2 11 weeks to go Starts: 5/4	8k total run including fartlek: (4 x 60 sec effort / 60 sec easy jog recovery) <i>Fartlek</i>	Rest or Cross Train	6k total run including: 8 x (400m / 2 min recovery) <i>*Track/Speed</i>	Rest or Cross Train	8k run	14k <i>Long Run</i>	Recovery	Weekly kms Total = 36k
WEEK 3 10 weeks to go Starts: 12/4	10k total run including fartlek: (4 x 2 mins effort / 2 min easy jog recovery) <i>Fartlek</i>	Rest or Cross Train	6k total run including: 4 x (800m / 2 min recovery) <i>*Track/Speed</i>	Rest or Cross Train	8k run	14k <i>Long Run</i>	Recovery	Weekly kms Total = 38k
WEEK 4 9 weeks to go Starts: 19/4	8k run	Rest or Cross Train	6k total run including: 4 x (400m / 2 min recovery) <i>*Track/Speed</i>	Rest or Cross Train	6k run	8k total including 5k Park Run at tempo pace <i>Tempo</i>	Recovery	Weekly kms Total = 28k

* 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