



Bay to Bay Running Festival 2024

12km: under 60 minute runner Week 1 to 4



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL KMS
WEEK 1 Starts 25/03 12 weeks to go	Rest or Cross Train	8km run	6km total run including: 6 x (400m / 2 min recovery) <i>* Track / Speed</i>	Rest or Cross Train	8km total run including fartlek: 4 x (30 sec effort / 30 sec easy jog recovery) <i>Fartlek</i>	Rest or Cross Train	12km run <i>Long Run</i>	Total weekly = 34km
WEEK 2 Starts 01/04 11 weeks to go	Recovery	8km run	6km total run including: 8 x (400m / 2 min recovery) <i>* Track / Speed</i>	Rest or Cross Train	8km total run including fartlek: 4 x (60 sec effort / 60 sec easy jog recovery) <i>Fartlek</i>	Rest or Cross Train	14km run <i>Long Run</i>	Total weekly = 36km
WEEK 3 Starts 08/04 10 weeks to go	Recovery	8km run	6km total run including: 4 x (800m / 2 min recovery) <i>* Track / Speed</i>	Rest or Cross Train	10km total run including fartlek: 4 x (2 mins effort / 2 mins easy jog recovery) <i>Fartlek</i>	Rest or Cross Train	14km run <i>Long Run</i>	Total weekly = 38km
WEEK 4 Starts 15/04 9 weeks to go	Recovery	8km run	6km total run including: 4 x (400m / 2 min recovery) <i>* Track / Speed</i>	Rest or Cross Train	6km run	8km total run including: 5k Park Run at tempo pace <i>Tempo</i>	Recovery	Total weekly = 28km

* 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