



Bay to Bay Running Festival 2024



12km: under 60 minute runner Week 5 to 8

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL KMS
WEEK 5 Starts 22/04 8 weeks to go	Recovery	8km run	8km total run including: 4 x (1km / 2 min recovery) * Track / Speed	Rest or Cross Train	10km total run including: 2km tempo Tempo	Rest or Cross Train	14km run Long Run	Total weekly = 40km
WEEK 6 Starts 29/04 7 weeks to go	Recovery	8km run	8km total run including: 5 x (800m / 2 min recovery) * Track / Speed	Rest or Cross Train	12km total run including: 4km tempo Tempo	Rest or Cross Train	16km run Long Run	Total weekly = 44km
WEEK 7 Starts 06/05 6 weeks to go	10km run easy	Option 1: Coast Runners Shop Race Night 3km * Total run with warm up / down: 6km	or Option 2: Rest on Tues & run your own 3km time trial today * Total run with warm up / down: 6km	Rest or Cross Train	12km run	Rest or Cross Train	18km run Long Run	Total weekly = 46km
WEEK 8 Starts 13/05 5 weeks to go	Recovery	10km run	8km total run including: 4 x (400m / 2 min recovery) * Track / Speed	Rest or Cross Train	6km run	8km total run including: 5k Park Run at tempo pace Tempo	Recovery	Total weekly = 32km

* 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