

# 12 Week Bay to Bay Running Festival 2021

## 12k under 60 min Training Program: Week 5 to 8

**RUNFIT**  
2260

f RunFit 2260

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL KMS
<b>WEEK 5</b> 8 weeks to go  Starts: 26/4	<b>10k total run</b>  including: 2k tempo  <i>Tempo</i>	Rest or Cross Train	<b>8k total run</b>  including: 4 x (1km / 2 min recovery)  <i>* Track / Speed</i>	Rest or Cross Train	8k run	14k  <i>Long Run</i>	Recovery	<b>Weekly kms</b>  Total = 40k
<b>WEEK 6</b> 7 weeks to go  Starts: 3/5	<b>12k total run</b> including: 2 x (2k tempo with 5 mins easy running between)  <i>Tempo</i>	Rest or Cross Train	<b>8k total run</b>  including: 5 x (800m / 2 min recovery)  <i>* Track / Speed</i>	Rest or Cross Train	8k run	16k  <i>Long Run</i>	Recovery	<b>Weekly kms</b>  Total = 44k
<b>WEEK 7</b> 6 weeks to go  Starts: 10/5	<b>12k total run</b>  including: 4k tempo  <i>Tempo</i>	Rest or Cross Train	<b>8k total run</b>  including: 5 x (1km / 2 min recovery)  <i>* Track / Speed</i>	Rest or Cross Train	8k run	18k  <i>Long Run</i>	Recovery	<b>Weekly kms</b>  Total = 46k
<b>WEEK 8</b> 5 weeks to go  Starts: 17/5	10k run	Rest or Cross Train	<b>8k total run</b>  including: 4 x (400m / 2 min recovery)  <i>* Track / Speed</i>	Rest or Cross Train	6k run	<b>8k total run</b>  including: 5k Park Run at tempo pace  <i>Tempo</i>	Recovery	<b>Weekly kms</b>  Total = 32k

\* 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