



Bay to Bay Running Festival 2024

12km: under 60 minute runner Week 9 to 12



www.runfit2260.com.au
E: mel@runfit2260.com.au

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL KMS
WEEK 9 Starts 20/05 4 weeks to go	Recovery	10km run	8km total run including: 5 x (1km / 2 min recovery) * Track / Speed	Rest or Cross Train	12km total run including: 6km tempo Tempo	Rest or Cross Train	18km run Long Run	Total weekly = 48km
WEEK 10 Starts 27/05 3 weeks to go	Recovery	6km run	6km total run including: 6 x (800m / 2 min recovery) * Track / Speed	Rest or Cross Train	12km total run including: 2 x (4k tempo / 5 mins easy jog recovery) Tempo	Rest or Cross Train	16km run Long Run	Total weekly = 40km
WEEK 11 Starts 03/06 2 weeks to go	6km 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 total run including fartlek: 4 x (60 sec effort / 60 sec easy jog recovery) Fartlek	Rest or Cross Train	12km run Long Run	Total weekly = 36km
WEEK 12 Starts 10/06 RACE WEEK	Recovery	6km run	6km total run including: 4 x (400m / 2 min recovery) * Track / Speed	Rest or Cross Train	4km total run including fartlek: 4 x (30 sec effort / 30 sec easy jog recovery) Fartlek	Rest	16th June Bay to Bay 12km	Good luck

* 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