

12 Week Bay to Bay Running Festival 2021

12k under 60 min Training Program: Week 9 to 12

RUNFIT
2260

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL KMS
WEEK 9 4 weeks to go Starts: 24/5	12k total run including: 6k tempo Tempo	Rest or Cross Train	8k total run including: 6 x (800m / 2 min recovery) *Track / Speed	Rest or Cross Train	10k run	18k Long Run	Recovery	Weekly kms Total = 48k
WEEK 10 3 weeks to go Starts: 31/5	10k	Option 1: Coast Runners Shop Race Night 3k time trial Total run with warm up / down: 6k	Option 2: Run Tue's run today and run own 3k time trial Total run with warm up / down: 6k	Rest or Cross Train	8k run	16k Long Run	Recovery	Weekly kms Total = 40k
WEEK 11 2 weeks to go Starts: 7/6	10k total run including: 8k tempo Tempo	Rest or Cross Train	8k total run including: 5 x (800m / 2 min recovery) *Track / Speed	Rest or Cross Train	6k run	12k Long Run	Recovery	Weekly Total = 36k
WEEK 12 Race Week Starts: 14/6	6k run	Rest or Cross Train	6k total run including: 4 x (400m / 2 min recovery) *Track / Speed	Rest or Cross Train	4k total run including fartlek: 4 x (30 sec effort / 30 sec easy jog recovery) Fartlek	Rest Day	20th June BAY TO BAY 12K	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