

12km Bay To Bay Running Festival 2022: 16 Week Walk to Run Training Program. Week 9 to 12



✦ This program has been designed for those who have walked / run the Bay To Bay before, or are getting started on their fitness journey and are walking / running the 12km Bay To Bay for the first time. Everyone will progress at different stages so move onto the next week only if you feel ready. Take extra walking breaks if you need them

✦ The total session time is written at the top of each day. Start with at least a 5 minute walk, followed by the run / walk intervals and finish with a walk to give you the total time. Note, you can change the days you run as long as you leave a day rest in between running



RunFit 2260

✦ Cross Training includes activities such as cycling, swimming and rowing

✦ If you have any questions about the program, or if you would like a personalised program for an upcoming event, please email: info@runfit2260.com.au

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 9 w/c: 25/4	50 minutes total including: 2km run / 2 min walk / 1km run <i>Total Run: 3km</i>	Rest or Cross Train	30 minutes total including: 8 x (1 min run / 1 min walk) <i>Total Run: 8 mins</i>	Rest	Rest or Cross Train	80 minutes total including: 4km run <i>Total Run: 4km</i>	Rest
WEEK 10 w/c: 2/5	50 minutes total including: 2 x (2km run / 2 min walk) <i>Total Run: 4km</i>	Rest or Cross Train	30 minutes total including: 10 x (1 min run / 1 min walk) <i>Total Run: 10 mins</i>	Rest	Rest or Cross Train	90 minutes total including: 6km run <i>Total Run: 6km</i>	Rest
WEEK 11 w/c: 9/5	50 minutes total including: 3km run / 2 min walk / 2km run <i>Total Run: 5km</i>	Rest or Cross Train	30 minutes total including: 12 x (1 min run / 1 min walk) <i>Total Run: 12 mins</i>	Rest	Rest or Cross Train	90 minutes total including: 8km run <i>Total Run: 8km</i>	Rest
WEEK 12 w/c: 16/5	40 minutes total including: 3km run <i>Total Run: 3km</i>	Rest or Cross Train	30 minutes total including: 4 x (1 min run / 1 min walk) <i>Total Run: 4 mins</i>	Rest	Rest or Cross Train	60 minutes total including: 5km run <i>Total Run: 5km</i>	Rest

Note, please seek guidance from your GP or appropriate allied health professional prior to undertaking physical activity / exercise