

# 12km Bay To Bay Running Festival 2023: 16 Week Walk to Run Training Program. Week 1 to 4



✦ 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

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

✦ If you would like to attend a RunFit 2260 training session, please email: [mel@runfit2260.com.au](mailto:mel@runfit2260.com.au) or refer to the RunFit 2260 website: [Runfit2260.com.au](http://Runfit2260.com.au)

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1 Starts: 27/2	<b>30 minutes total</b> including: 4 x (30 sec run / 3 min walk) <i>Total Run: 2 mins</i>	Rest or Cross Train	<b>30 minutes total</b> including: 2 x (1 min run / 4 min walk) <i>Total Run: 2 mins</i>	Rest	Rest or Cross Train	<b>40 minutes total</b> including: 3 x (2 min run / 3 min walk) <i>Total Run: 6 mins</i>	Recovery
WEEK 2 Starts: 6/3	<b>30 minutes total</b> including: 6 x (30 sec run / 3 min walk) <i>Total Run: 3 mins</i>	Rest or Cross Train	<b>30 minutes total</b> including: 2 x (2 min run / 3 min walk) <i>Total Run: 4 mins</i>	Rest	Rest or Cross Train	<b>50 minutes total</b> including: 3 x (3 min run / 3 min walk) <i>Total Run: 9 mins</i>	Recovery
WEEK 3 Starts: 13/3	<b>30 minutes total</b> including: 8 x (30 sec run / 3 min walk) <i>Total Run: 4 mins</i>	Rest or Cross Train	<b>30 minutes total</b> including: 2 x (3 min run / 2 min walk) <i>Total Run: 6 mins</i>	Rest	Rest or Cross Train	<b>60 minutes total</b> including: 3 x (4 min run / 3 min walk) <i>Total Run: 12 mins</i>	Recovery
WEEK 4 Starts: 20/3	<b>30 minutes total</b> including: 4 x (30 sec run / 3 min walk) <i>Total Run: 2 mins</i>	Rest or Cross Train	<b>30 minutes total</b> including: 2 x (1 min run / 4 min walk) <i>Total Run: 2 mins</i>	Rest	Rest or Cross Train	<b>40 minutes total</b> including: 2 x (5 min run / 3 min walk) <i>Total Run: 10 mins</i>	Recovery