

# 12 Week Bay to Bay Running Festival 2021

## Half Marathon over 2 hours Training Program: Week 1 to 4

**RUNFIT**  
2260

f RunFit 2260

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL KMS
<b>WEEK 1</b> 12 weeks to go Starts: 29/3	6k run	Rest or Cross Train	6k total run including: 6 x (400m / 3 min recovery) * Track / Speed	Rest	Rest or Cross Train	8k run  <i>Long Run</i>	Recovery	Weekly kms  Total = 20k
<b>WEEK 2</b> 11 weeks to go Starts: 5/4	6k run	Rest or Cross Train	6k total run including: 8 x (400m / 3 min recovery) * Track / Speed	Rest	Rest or Cross Train	10k run  <i>Long Run</i>	Recovery	Weekly kms  Total = 22k
<b>WEEK 3</b> 10 weeks to go Starts: 12/4	6k run	Rest or Cross Train	6k total run including: 4 x (800m / 3 min recovery) * Track / Speed	Rest	Rest or Cross Train	12k run  <i>Long Run</i>	Recovery	Weekly kms  Total = 24k
<b>WEEK 4</b> 9 weeks to go Starts: 19/4	4k run	Rest or Cross Train	6k total run including: 4 x (400m / 3 min recovery) * Track / Speed	Rest	Rest or Cross Train	6k total including 5k Park Run at tempo pace <i>Tempo</i>	Recovery	Weekly kms  Total = 16k

\* 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