

# 12 Week Bay to Bay Running Festival 2021

## Half Marathon over 2 Hours Training Program: Week 5 to 8

**RUNFIT**  
2260

 RunFit 2260

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL KMS
<b>WEEK 5</b> 8 weeks to go Starts: 26/4	6k run	Rest or Cross Train	<b>6k total run</b> including: 4 x (1k / 3 min recovery) * <i>Track / Speed</i>	Rest	Rest or Cross Train	14k run <i>Long Run</i>	Recovery	<b>Weekly kms</b> Total = 26k
<b>WEEK 6</b> 7 weeks to go Starts: 3/5	6k run	Rest or Cross Train	<b>6k total run</b> including: 5 x (800m / 3 min recovery) * <i>Track / Speed</i>	Rest	Rest or Cross Train	16k run <i>Long Run</i>	Recovery	<b>Weekly kms</b> Total = 28k
<b>WEEK 7</b> 6 weeks to go Starts: 10/5	6k run	Rest or Cross Train	<b>6k total run</b> including: 5 x (1k / 3 min recovery) * <i>Track / Speed</i>	Rest	Rest or Cross Train	18k run <i>Long Run</i>	Recovery	<b>Weekly kms</b> Total = 30k
<b>WEEK 8</b> 5 weeks to go Starts: 17/5	4k run	Rest or Cross Train	<b>6k total run</b> including: 4 x (400m / 3 min recovery) * <i>Track / Speed</i>	Rest	Rest or Cross Train	<b>8k total run</b> including 5k Park Run at 10k / tempo pace <i>Tempo</i>	Recovery	<b>Weekly kms</b> Total = 18k

\* 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