



Bay to Bay Running Festival 2024



RunFit 2260
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Half Marathon: over 2 hour runner Week 5 to 8

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL KMS
WEEK 5 Starts 22/04 8 weeks to go	6km run	Rest or Cross Train	6km total run including: 4 x (1km / 3 min recovery) <i>* Track / Speed</i>	Rest	Rest or Cross Train	14km run <i>Long Run</i>	Recovery	Total weekly = 26km
WEEK 6 Starts 29/04 7 weeks to go	6km run	Rest or Cross Train	6km total run including: 5 x (800m / 3 min recovery) <i>* Track / Speed</i>	Rest	Rest or Cross Train	16km run <i>Long Run</i>	Recovery	Total weekly = 28km
WEEK 7 Starts 06/05 6 weeks to go	6km run	Option 1: <i>Coast Runners Shop Race Night 3km</i> <i>* Total run with warm up / down: 6km</i>	or Option 2: <i>Rest on Tues & run your own 3km time trial today</i> <i>* Total run with warm up / down: 6km</i>	Rest	Rest or Cross Train	18km run <i>Long Run</i>	Recovery	Total weekly = 30km
WEEK 8 Starts 13/05 5 weeks to go	4km run	Rest or Cross Train	6km total run including: 4 x (400m / 3 min recovery) <i>* Track / Speed</i>	Rest	Rest or Cross Train	8km total run including: 5k Park Run at tempo pae <i>Tempo</i>	Recovery	Total weekly = 18km

* 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