



# Bay to Bay Running Festival 2024

## Half Marathon: over 2 hour runner Week 9 to 12

f RunFit 2260

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL KMS
<b>WEEK 9</b> Starts 20/05  4 weeks to go	6km run	Rest or Cross Train	7km total run including: 5 x (1km / 3 min recovery)  <i>* Track / Speed</i>	Rest	Rest or Cross Train	20km run  <i>Long Run</i>	Recovery	Total weekly = 33km
<b>WEEK 10</b> Starts 27/05  3 weeks to go	4km run	Rest or Cross Train	6km total run including: 6 x (800m / 3 min recovery)  <i>* Track / Speed</i>	Rest	Rest or Cross Train	18km run  <i>Long Run</i>	Recovery	Total weekly = 28km
<b>WEEK 11</b> Starts 03/06  2 weeks to go	4km run	<b>Option 1:</b> <i>Coast Runners Shop Race Night</i> 3km  <i>* Total run with warm up / down: 6km</i>	<b>or Option 2:</b> <i>Rest on Tues &amp; run your own 3km time trial today</i>  <i>* Total run with warm up / down: 6km</i>	Rest	Rest or Cross Train	12km run  <i>Long Run</i>	Recovery	Total weekly = 22km
<b>WEEK 12</b> Starts 10/06  <b>RACE WEEK</b>	4km run	Rest or Cross Train	4km total run including: 4 x (400m / 3 min recovery)  <i>* Track / Speed</i>	Rest	Rest or Cross Train	Rest	16th June  <b>Bay to Bay Half Marathon</b>	<i>Good luck</i>

\* 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