

12 Week Bay to Bay Running Festival 2021

Half Marathon Under 2 hours Training Program: Week 1 to 4

RUNFIT
2260

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL KMS
WEEK 1 12 weeks to go Starts: 29/3	10k total run including: 2 x (5 mins at half marathon pace / 5 mins easy running) <i>Half Marathon Pace</i>	Rest or Cross Train	8k total run including: 6 x (400m / 2 min recovery) <i>*Track / Speed</i>	Rest	10k run	14k run <i>Long Run</i>	Recovery	Weekly kms Total = 42k
WEEK 2 11 weeks to go Starts: 5/4	10k total run including: 3 x (5 mins at half marathon pace / 5 mins easy running) <i>Half Marathon Pace</i>	Rest or Cross Train	8k total run including: 8 x (400m / 2 min recovery) <i>*Track / Speed</i>	Rest	10k run	16k run <i>Long Run</i>	Recovery	Weekly kms Total = 44k
WEEK 3 10 weeks to go Starts: 12/4	12k total run including: 2 x (10 mins at half marathon pace / 5 mins easy running) <i>Half Marathon Pace</i>	Rest or Cross Train	8k total run including: 4 x (800m / 2 min recovery) <i>*Track / Speed</i>	Rest	10k run	18k run <i>Long Run</i>	Recovery	Weekly kms Total = 48k
WEEK 4 9 weeks to go Starts: 19/4	10k run	Rest or Cross Train	6k total run including: 4 x (400m / 2 min recovery) <i>*Track / Speed</i>	Rest	8k run	8k total including 5k Park Run at tempo pace <i>Tempo</i>	Recovery	Weekly kms Total = 32k

* 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