

12 Week Bay to Bay Running Festival 2021

Half Marathon Under 2 hours Training Program: Week 5 to 8

RUNFIT
2260

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL KMS
WEEK 5 8 weeks to go Starts: 26/4	12k total run including: 4k at half marathon pace <i>Half Marathon Pace</i>	Rest or Cross Train	8k total run including: 4 x (1km / 2 min recovery) <i>* Track / Speed</i>	Rest	10k run	18k run <i>Long Run</i>	Recovery	Weekly kms Total = 48k
WEEK 6 7 weeks to go Starts: 3/5	12k total run including: 2 x (3k at half marathon pace / 5 mins easy running) <i>Half Marathon Pace</i>	Rest or Cross Train	8k total run including: 5 x (800m / 2 min recovery) <i>* Track / Speed</i>	Rest	10k run	20k run <i>Long Run</i>	Recovery	Weekly kms Total = 50k
WEEK 7 6 weeks to go Starts: 10/5	12k total run including: 6k at half marathon pace <i>Half Marathon Pace</i>	Rest or Cross Train	8k total run including: 5 x (1k / 2 min recovery) <i>* Track / Speed</i>	Rest	10k run	22k run <i>Long Run</i>	Recovery	Weekly kms Total = 52k
WEEK 8 5 weeks to go Starts: 17/5	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