

# 12 Week Bay to Bay Running Festival 2021

## Half Marathon Under 2 hours Training Program: Week 9 to 12

RUNFIT  
2260

f RunFit 2260

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL KMS
<b>WEEK 9</b> 4 weeks to go Starts: 24/5	<b>12k total run</b> including: 8k at half marathon pace <i>Half Marathon Pace</i>	Rest or Cross Train	<b>8k total run</b> including: 6 x (800m / 2 min recovery) <i>*Track / Speed</i>	Rest	10k run	24k run <i>Long Run</i>	Recovery	Weekly kms Total = 54k
<b>WEEK 10</b> 3 weeks to go Starts: 31/5	12k run	<b>Option 1:</b> <b>Coast Runners Shop Race Night 3k time trial</b> Total run with warm up / down: 6k	<b>Option 2:</b> Run Tue's run today and run own 3k time trial Total run with warm up / down: 6k	Rest	10k run	20k run <i>Long Run</i>	Recovery	Weekly kms Total = 48k
<b>WEEK 11</b> 2 weeks to go Starts: 7/6	<b>12k total run</b> including: 2 x (4k at half marathon pace / 5 min easy running) <i>Half Marathon Pace</i>	Rest or Cross Train	<b>8k total run</b> including: 5 x (800m / 2 min recovery) <i>*Track / Speed</i>	Rest	8k run	14k run <i>Long Run</i>	Recovery	Weekly kms Total = 42k
<b>WEEK 12</b> RACE WEEK Starts: 14/6	6k run	Rest or Cross Train	<b>6k total run</b> including: 4 x (400m / 2 min recovery) <i>*Track / Speed</i>	Rest	<b>4k total run</b> including fartlek: (4 x 30 sec effort / 30 sec recovery) <i>Fartlek</i>	Rest Day	20th June <b>BAY TO BAY HALF MARATHON</b>	<b>GOOD LUCK</b>

\* 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