Bay To Bay Running Festival 2026

12km: 16 Week Walk to Run Training Program. Week 9 to 12

RUNFIT 2260

RunFit 2260

This program has been designed for those who have walked the Bay To Bay before, or are getting started on their fitness journey and are walking / running the 12km Bay To Bay for the first time. Everyone will progress at different stages so move onto the next week only if you feel ready. Take extra walking breaks if you need them

The total session time is written at the top of each day. Start with at least a 5 minute walk, followed by the run / walk intervals and finish with a walk to give you the total time. Note, you can change the days you run as long as you leave a day rest in between running

Cross Training includes activities such as cycling, swimming and rowing

If you would like to attend a RunFit 2260 training session, please email: mel@runfit2260.com.au

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 9 Starts: 20/4	**50 minutes total** including: 2km run / 2 min walk / 1km run *Total Run: 3km*	Rest or Cross Train	**30 minutes total** including: 8 x (1 min run / 1 min walk) *Total Run: 8 mins*	Rest	Rest or Cross Train	**80 minutes total** including: 4km run *Total Run: 4km*	Recovery
WEEK 10 Starts: 27/4	**50 minutes total** including: 2 x (2km run / 2 min walk) *Total Run: 4km*	Rest or Cross Train	**30 minutes total** including: 10 x (1 min run / 1 min walk) *Total Run: 10 mins*	Rest	Rest or Cross Train	**90 minutes total** including: 6km run *Total Run: 6km*	Recovery
WEEK 11 Starts: 4/5	**50 minutes total** including: 3km run / 2 min walk / 2km run *Total Run: 5km*	Rest or Cross Train	**30 minutes total** including: 12 x (1 min run / 1 min walk) *Total Run: 12 mins*	Rest	Rest or Cross Train	**90 minutes total** including: 8km run *Total Run: 8km*	Recovery
WEEK 12 Starts: 11/5	**40 minutes total** including: 3km run *Total Run: 3km*	Rest or Cross Train	**30 minutes total** including: 4 x (1 min run / 1 min walk) *Total Run: 4 mins*	Rest	Rest or Cross Train	**60 minutes total** including: 5km run (option to include parkrun) *Total Run: 5km*	Recovery

Note, please seek guidance from your GP or appropriate allied health professional prior to undertaking physical activity / exercise