

OFF-SEASON PROGRAM 2022-23

KEY SPEED/PACE GLOSSARY

8-12 KM/HR = 6:00/KM - 5:00/KM PACE RUNNING

18-20 KM/HR = 3:20/KM - 3:00/KM PACE RUNNING

24-26 KM/HR = 2:30/KM - 2:18/KM PACE RUNNING

BLOCK 1

	Week Total	8-12 km/hr 6:00-5:00/km	18-20 km/hr 3:20-3:00/km	24-26 km/hr 2:30-2:18/km
Oct-24	16km	16km	0.00	0.00
Oct-31	21km	21km	0.00	0.00
Nov-7	24km	24km	0.00	0.00
Nov-14	26km	25.7km	0.30	0.00

DAILY LOADING + PACING TOTALS INCLUDING WARMUP/COOLDOWN

	MON	WED	FRI	SAT
Oct-24	1	6km	6km	4km
Oct-31	7km	7km	7km	0km
Nov-7	8km	6km	6km	4km
Nov-14	10km	6km	5.7km + 300m	4km

(TO ALLOW YOU TO MANIPULATE THE PROGRAM FOR KNOWN TOTALS TO ACHIEVE PER SESSION)

PACE LISTED IS THE SLOWEST WITHIN THAT BRACKET

Oct 24: ALL SESSIONS TO BEGIN W **1KM WARMUP** + **1KM WARMDOWN** AT END OF SESSION

MON: -

WED: 2 x **2KM** @6:00/KM W 4' REST B/W

FRI: 2 x **2KM** @6:00/KM W 4' REST B/W

SAT: 1 x **2KM** @6:00/KM

Oct 31: ALL SESSIONS TO BEGIN W **1KM WARMUP** + **1KM WARMDOWN** AT END OF SESSION

MON: **5KM** OF OWN CHOICE @6:00-5:00/KM

WED: **5KM** OF OWN CHOICE @6:00-5:00/KM

FRI: **5KM** OF OWN CHOICE @6:00-5:00/KM

SAT: OFF

Nov 7: ALL SESSIONS TO BEGIN W **1KM WARMUP** + **1KM WARMDOWN** AT END OF SESSION

MON: 1 x **2KM** @5:30/KM + 2 x **2KM** @5:30/KM W 3-4' RESTS B/W

WED: 2 x **2KM** @5:30/KM W 3-4' RESTS B/W

FRI: 2 x **2KM** @5:30/KM W 3-4' RESTS B/W

SAT: 1 x **2KM** @5:30/KM

Nov 14: ALL SESSIONS TO BEGIN W **1KM WARMUP** + **1KM WARMDOWN** AT END OF SESSION

MON: 1 x **5KM** @5:30-5:00/KM + 1 x **3KM** @5:30-5:00/KM W 6' REST B/W

WED: 1 x **4KM** @5:30-5:00/KM

FRI: 3 x 2KM WITH EACH REP **1.9KM** @5:30-5:00/KM + **100M** OF 3:20-3:00/KM **INBUILT**

- YOU CAN PUT THE 100M START, MIDDLE OR END OF EACH REP. YOUR CHOICE.

- REST 3-4' B/W SETS

SAT: 1 x **2KM** @5:30-5:00/KM