

OFF-SEASON PROGRAM 2022-23

EXTRA GROUP BLOCK 2

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

WEEK 1

(COMMENCING NOV 21ST 2022)

MONDAY

MOBILITY

+

1KM WARMUP

+

PICK ANY ONE (1) T2 PATTERN ([LINK HERE](#))

+

CONDITIONG SET

1KM @5:30-5:00/KM W 2' REST + 200M OF 3:20-3:00/KM (40" – 36")

- NOTE: THE 200M INCLUDES THE 20M OF 'BUILDING' TO SPEED

- REST 60" AFTER 200M EFFORT

(X3 SETS TOTAL)

+

1KM WARMDOWN

+

BODY ARMOUR SERIES [A](#) – [B](#) – [C](#)

(SHOULD ALREADY HAVE STARTED BUT IF NOT, 3/52 ON [A](#) INTO 3/52 ON [B](#), THEN ONGOING WITH [C](#))

WEDNESDAY

MOBILITY

+

1KM WARMUP

+

CONDITIONG SET

8KM @5:30-5:00/km

+

1KM WARMDOWN

FRIDAY

MOBILITY

+

1KM WARMUP

+

PICK ANY ONE (1) T2 PATTERN ([LINK HERE](#))

+

CONDITIONG SET

1KM @5:30-5:00/KM W 2' REST + 200M OF 3:20-3:00/KM (40" – 36")

- NOTE: THE 200M INCLUDES THE 20M OF 'BUILDING' TO SPEED

- REST 60" AFTER 200M EFFORT

(x3 SETS TOTAL)

+

1KM WARMDOWN

+

BODY ARMOUR SERIES [A](#) – [B](#) – [C](#)

(SHOULD ALREADY HAVE STARTED BUT IF NOT, 3/52 ON [A](#) INTO 3/52 ON [B](#), THEN ONGOING WITH [C](#))

SATURDAY

MOBILITY

+

1KM WARMUP

+

CONDITIONG SET

4KM @5:30-5:00/KM

+

1KM WARMDOWN