

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 2

(COMMENCING NOV 28TH 2022)

MONDAY

MOBILITY

+

1KM WARMUP

+

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

+

CONDITIONG SET

START WITH 5X STRIDES OF 50M WITH 10M AT 2:20/KM OR FASTER (SPRINT)

- 30M BUILDING TO SPEED, 10M HOLDING THAT SPEED, 10M WINDING BACK
- WALK RETURN + 30" RECOVERY TO ENSURE NOT FATIGUED (ENEMY OF SPEED)
-

THAT IS ALL YOUR TOP SPEED WORK DONE... NOW YOU HAVE THE FOLLOWING SET

1.2KM @5:30-5:00/KM W 2' REST + 200M OF 3:20-3:00/KM (42" – 38")

- *NOTE: THE 200M INCLUDES THE 20+M OF 'BUILDING' TO SPEED*
- *REST 90" AFTER 200M EFFORT*

(x4 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

START WITH 5X STRIDES OF 50M WITH 10M AT 2:20/KM OR FASTER (SPRINT)

- 30M BUILDING TO SPEED, 10M HOLDING THAT SPEED, 10M WINDING BACK
- WALK RETURN + 30" RECOVERY TO ENSURE NOT FATIGUED (ENEMY OF SPEED)
-

THAT IS ALL YOUR TOP SPEED WORK DONE... NOW YOU HAVE THE FOLLOWING SET

1.2KM @5:30-5:00/KM W 2' REST + 200M OF 3:20-3:00/KM (42" – 38")

- *NOTE: THE 200M INCLUDES THE 20+M OF 'BUILDING' TO SPEED*
- *REST 90" AFTER 200M EFFORT*

(x4 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

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

+

1KM WARMDOWN