

OFF-SEASON PROGRAM 2022-23

FIRST YEAR 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

1.6KM @5:30-5:00/KM W 2' REST + 100M OF 3:20-3:00/KM (20" - 18")

- NOTE: THE 100M IS @ PACE SO DON'T INCLUDE THE 20+M OF 'BUILDING' TO SPEED
- REST 60" AFTER 100M 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

6KM @5:30-5:00/KM W 3' REST

+

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

50M OF 3:20-3:00/KM (10" – 9")

THE 50M IS @ PACE SO DON'T INCLUDE THE 20+M OF 'BUILDING' TO SPEED

STRAIGHT INTO

250M @5:30-5:00/KM

(x4 SETS TOTAL W NO REST BETWEEN SETS)

+

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

2KM @5:30-5:00/KM

+

1KM WARMDOWN