

# 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 3

(COMMENCING DEC 5<sup>TH</sup> 2022)

#### MONDAY

MOBILITY

+

1KM WARMUP

+

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

+

CONDITIONG SET

START WITH 4x 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 YOUR TOP SPEED WORK DONE FOR THIS SECTION BUT WILL HAVE MORE BUILT IN BELOW

1.25KM @ 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*

+

1x STRIDE OF 50M WITH 10M AT 2:20/KM OR FASTER (SPRINT)

30M BUILDING TO SPEED, 10M HOLDING THAT SPEED, 10M WINDING BACK

REST 45" STRIDE BEFORE COMPLETING NEXT SET OF CONDITIONING BLOCK

(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 4x 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 YOUR TOP SPEED WORK DONE FOR THIS SECTION BUT WILL HAVE MORE BUILT IN BELOW

1KM @5:30-5:00/KM W 90" REST + 200M OF 3:20-3:00/KM (40" – 36")

*NOTE: THE 200M IS @ PACE SO DON'T INCLUDE THE 20+M OF 'BUILDING' TO SPEED*

*REST 90" AFTER 200M EFFORT*

+

1x STRIDE OF 50M WITH 10M AT 2:20/KM OR FASTER (SPRINT)

30M BUILDING TO SPEED, 10M HOLDING THAT SPEED, 10M WINDING BACK

REST 45" STRIDE BEFORE COMPLETING NEXT SET OF CONDITIONING BLOCK

(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

2.8KM @5:30-5:00/KM

+

1KM WARMDOWN