

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

EXTRA GROUP BLOCK 2

	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
Nov-21	27	25.9km	1.10km	0.00km
Nov-28	35	33.6km	1.30km	0.10km (100m)
Dec -5	39	37.4km	1.5km	0.15km (150m)
Dec-12	30.5	28.3km	2.0km	0.20km (200m)

DAILY LOADING + PACING TOTALS INCLUDING WARMUP/COOLDOWN

	MON	WED	FRI	SAT
Nov-21	5km+ 550m	10km	5km+ 550m	6km
Nov-28	6.8km+ 650m + 50m	10km	6.8km+ 650m + 50m	10km
Dec -5	8.4km+ 850m + 75m	12km	7km+ 650m + 75m	10km
Dec-12 **	4.5km + 700m + 100m	12km	4.5km + 1300m + 100m	7.3km

** TUES/THUR/SAT/SUN

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