

# 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

### FIRST YEAR 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	21km	21km	0.0km	0.00km
Nov-28	24km	23.3km	0.6km	0.10km (100m)
Dec -5	26km	24.8km	1.0km	0.15km (150m)
Dec-12	28km	27.2km	1.1km	0.20km (200m)

### DAILY LOADING + PACING TOTALS INCLUDING WARMUP/COOLDOWN

	MON	WED	FRI	SAT
Nov-21	7km	7km	7km	0km
Nov-28	8.3km + 400m + 50m	8km	3km + 200m + 50m	4km
Dec -5	7km + 400m + 75m	8km	5km + 600m + 75m	4.8km
Dec-12 **	4.5km + 700m + 100m	10km	6.8km + 400m + 100m	6km

\*\* TUES/THUR/SAT/SUN

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