

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

MAIN GROUP BLOCK 2

	Weekly 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	28km	27.4km	0.60	0.00
Nov-28	26km	24.9km	1.00	0.10 (100m)
Dec -5	28km	27.2km	1.10	0.15 (150m)
Dec-12	30.5km	29km	1.30	0.20 (200m)

DAILY LOADING + PACING TOTALS INCLUDING WARMUP/COOLDOWN

	MON	WED	FRI	SAT
Nov-21	10 + 200m	8km	6km + 400m	4km
Nov-28	8.3km + 400m + 50m	9.6km	7km + 600m + 50m	0km
Dec -5	10km + 400m + 75m	9.6km	7km + 500m + 75m	7km + 200m
Dec-12 **	4.5km + 700m + 100m	10km	4.5km + 600m + 100m	10km

** TUES/THUR/SAT/SUN

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