

# OFF-SEASON PROGRAM 2022-23

## EXTRA GROUP BLOCK 3

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 1

(COMMENCING DEC 19<sup>TH</sup> 2022)

#### TUESDAY 20/12

MOBILITY

+

1KM WARMUP

+

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

+

CONDITIONG SET

1.2KM @5:15-5:00/KM + 200M OF 3:20-3:00/KM (40" – 35")

*NOTE: THE 200M IS @ PACE SO DON'T INCLUDE THE 20+M OF 'BUILDING' TO SPEED  
REST 90" AFTER 200M EFFORT*

+

1x STRIDE OF 70M WITH 25M AT 2:20/KM OR FASTER (SPRINT)

25M BUILDING TO SPEED, 25M HOLDING THAT SPEED, 20M WINDING BACK/SLOWING DOWN  
REST 45" BEFORE COMPLETING NEXT SET OF CONDITIONING BLOCK

(x4 SETS IN 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](#))

#### THURSDAY 22/12

MOBILITY

+

1KM WARMUP

+

CONDITIONG SET

10KM @5:15-5:00/KM

+

1KM WARMDOWN

## SATURDAY 24/12

MOBILITY

+

1KM WARMUP

+

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

+

CONDITIONG SET

1.2KM @5:15-5:00/KM + [5x 50M OF 3:20-3:00/KM (10" – 9") w 45" B/W REPS]

*NOTE: THE 50M IS @ PACE SO DON'T INCLUDE THE 10-20M OF 'BUILDING' TO SPEED  
REST EXTRA 45" AFTER 5<sup>TH</sup> EFFORT OF 50M*

+

1x STRIDE OF 60M WITH 20M AT 2:20/KM OR FASTER (SPRINT)

20M BUILDING TO SPEED, 20M HOLDING THAT SPEED, 20M WINDING BACK/SLOWING DOWN  
REST 45" BEFORE COMPLETING NEXT SET OF CONDITIONING BLOCK

(x5 SETS IN 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](#))