

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 4

(COMMENCING JAN 9TH 2023)

MONDAY 9/1

MOBILITY

+

1KM WARMUP

+

CONDITIONG SET

6KM @5:15-5:00/KM

+

1KM WARMDOWN

WEDNESDAY 11/1

MOBILITY

+

1KM WARMUP

+

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

+

CONDITIONG SET

1.2KM @5:15-5:00/KM + (4x 50M OF 3:20-3:00/KM (10" – 9") W 25" REST B/W REPS)

NOTE: THE 50M IS @ PACE SO DON'T INCLUDE THE 15+M OF 'BUILDING' TO SPEED

REST AN ADDITIONAL 60" AFTER COMPLETION OF 4TH REP

+

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 60" 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](#))

FRIDAY 13/1

MOBILITY

+

1KM WARMUP

+

CONDITIONG SET

4KM @5:15-5:00/km

+

1KM WARMDOWN

SATURDAY 14/1

MOBILITY

+

1KM WARMUP

+

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

+

CONDITIONG SET

1.2KM @5:15-5:00/km + (**6x 40M** OF 3:20-3:00/km (8'') W 30'' REST B/W REPS)

*NOTE: I WANT THE 40M TO USE ONLY A 10-15M ACCEL BUT CAN SLOW DOWN OVER >15M
IDEALLY USE A CENTRE SQUARE BUT UNDERSTAND LINE MARKINGS MAY NOT BE AVAILABLE*

+

2x STRIDES OF 50M W **15M** AT 2:20/km OR FASTER (SPRINT)

*20M BUILDING TO SPEED, 15M HOLDING THAT SPEED, 15M WINDING BACK/SLOWING DOWN
REST 60'' AFTER EACH REP / 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)