

# OFF-SEASON PROGRAM 2022-23

## FIRST YEAR GROUP BLOCK 2

8-12 KM/HR = 5:15/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 DEC 12<sup>TH</sup> 2022)

**TUESDAY** \*AFL FIELD UMPIRES TO COMPLETE TOGETHER AT ALL-IN TRAINING SESSION

MOBILITY

+

1KM WARMUP

+

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

+

CONDITIONG SET

480M @5:15-5:00/KM + 140M OF 3:20-3:00/KM (28" – 25")

*NOTE: THE 140M IS @ PACE SO DON'T INCLUDE THE 20+M OF 'BUILDING' TO SPEED  
REST 60" AFTER 140M EFFORT*

+

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

25M BUILDING TO SPEED, 20M HOLDING THAT SPEED, 25M 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](#))

**THURSDAY**

MOBILITY

+

**1KM WARMUP**

+

CONDITIONG SET

**8KM** @5:15-5:00/km

+

**1KM WARMDOWN**

## **SATURDAY**

MOBILITY

+

**1KM WARMUP**

+

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

+

CONDITIONG SET

**1.2KM** @5:15-5:00/km + **120M** OF 3:20-3:00/km (24" – 21")

*NOTE: THE 120M INCLUDES THE 20+M OF 'BUILDING' TO SPEED  
REST 60" AFTER 120M EFFORT*

+

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

20M 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](#))

## **SUNDAY**

MOBILITY

+

**1KM WARMUP**

+

CONDITIONG SET

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

+

1KM WARMDOWN