

# OFF-SEASON PROGRAM 2022-23

## MAIN + FIRST YEAR 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 3

(COMMENCING JAN 2<sup>ND</sup> 2023)

#### TUESDAY 3/1

MOBILITY

+

1KM WARMUP

+

CONDITIONG SET

2KM @5:15-5:00/KM + (3X 50M OF 3:20-3:00/KM (10" – 9") W 30" REST B/W REPS)

*NOTE: THE 50M IS @ PACE SO DON'T INCLUDE THE 20+M OF 'BUILDING' TO SPEED*

*SHOULD BE ABLE TO ROLL INTO NEXT SET AFTER COMPLETION OF LAST REP (INC. 30" REST)*

(x2 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 5/1

MOBILITY

+

1KM WARMUP

+

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

+

CONDITIONG SET

5 x STRIDE OF 50M WITH 10M AT 2:20/KM OR FASTER (SPRINT)

25M BUILDING TO SPEED, 10M HOLDING THAT SPEED, 15M WINDING BACK/SLOWING DOWN

TAKE A FULL 45" REST B/W EACH OF THESE SPEED REPS  
THIS IS ALL YOUR SPEED WORK DONE FOR THE DAY – NOW YOU COMPLETE THE FOLLOWING

4.3KM @5:15-5:00/km

+

1KM WARMDOWN

## **SATURDAY 7/1**

MOBILITY

+

1KM WARMUP

+

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

+

CONDITIONG SET

5 x STRIDE OF 50M WITH 10M AT 2:20/KM OR FASTER (SPRINT)

25M BUILDING TO SPEED, 10M HOLDING THAT SPEED, 15M WINDING BACK/SLOWING DOWN

TAKE A FULL 45" REST B/W EACH OF THESE SPEED REPS

THIS IS YOUR FIRST BLOCK OF SPEED WORK DONE – NOW START NEXT SEPARATE CON BLOCK

2.5KM @5:15-5:00/km + (6x 50M OF 3:20-3:00/km (10" – 9") W 30" REST B/W REPS)

*NOTE: THE 50M IS @ PACE SO DON'T INCLUDE THE 20+M OF 'BUILDING' TO SPEED*

*REST AN ADDITIONAL 90" AFTER COMPLETION OF 6<sup>TH</sup> 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](#))