Off-Season Program 2022-23

Main + First Year Group Block 3

8-12 km/hr = <mark>6:00/km - 5:00/km pace running</mark>

18-20 km/hr = <mark>3:20/km - 3:00/km pace running</mark>

24-26 km/hr = <mark>2:30/km - 2:18/km pace running</mark>

Week 4
(Commencing Jan 9th 2023)

MONDAY 9/1

Mobility

+

<mark>1km Warmup</mark>

+

CONDITIONG SET
<mark>6km</mark> @5:15-5:00/km

+

<mark>1km Warmdown</mark>

WEDNESDAY 11/1

Mobility

+

<mark>1km Warmup</mark>

+

Pick Any ONE (1) T2 Pattern (Link Here)

+

CONDITIONG SET

<mark>1.25km</mark> @5:15-5:00/km **+** (4x <mark>50m</mark> 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 <mark>25m</mark> 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)

+

<mark>1km Warmdown</mark>

+

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

+

<mark>1km Warmup</mark>

+

CONDITIONG SET

<mark>4km</mark> @5:15-5:00/km

+

<mark>1km Warmdown</mark>

SATURDAY 14/1

Mobility

+

<mark>1km Warmup</mark>

+

Pick Any ONE (1) T2 Pattern (LINK HERE)

+

CONDITIONG SET

<mark>1.2km</mark> @5:15-5:00/km **+** (5x <mark>40m</mark> of 3:20-3:00/km (8") w 25" rest b/w reps)

NOTE: I want the 40m to use only a 10m acceleration but can slow down over >15m
IDEALLY USE A CENTRE SQUARE BUT UNDERSTAND LINE MARKINGS MAY NOT BE AVAILABLE

+

2x strides of 50m w <mark style="background:purple">15m</mark> 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)

+

<mark>1km Warmdown</mark>

\+

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](#))