

OFF-SEASON PROGRAM 2022-23

KEY SPEED/PACE GLOSSARY

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

MAIN GROUP BLOCK 3

	Weekly Total	8-12 km/hr 6:00-5:00/km	18-20 km/hr 3:20-3:00/km	24-26 km/hr 2:30-2:18/km
Dec-19	29km	27.3km	1.50	0.20 (200m)
Dec-26	31km	29km	1.80	0.20 (200m)
Jan -2	26km	24.3km	1.50	0.20 (200m)
Jan-9	31km	29km	1.8	0.25 (250m)

DAILY LOADING + PACING TOTALS INCLUDING WARMUP/COOLDOWN

	TUES 20/12	THUR 22/12	SAT 24/12	
Dec-19	8.3 + 500m + 100m	11km	8km + 900m + 100m	
	MON 26/12	WED 28/12	FRI 30/12	SAT 31/12
Dec-26	9km	6km + 800m + 100m	6km	8km + 1000m + 100m
	TUES 3/1	THUR 5/1	SAT 7/1	
Jan -2	6km + 300m	6.3km + 50m	12km + 1200m + 150m	
	MON 9/1	WED 11/1	FRI 13/1	SAT 14/1
Jan-9	8km	7km + 800m + 100m	6km	8km + 1000m + 150m

NOTE: WEEK OF JAN 16TH WILL NECESSITATE A MON-WED-FRI WEEK DUE TO AFL FIELD UMPIRE TRAINING CAMP