

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

FIELD UMPIRES BLOCK 4

	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
Jan 16 th	31km	29km	1.8	0.25 (250m)
Jan 23 rd	31km	29km	1.8	0.25 (250m)
Jan 30 th	31km	29km	1.8	0.25 (250m)
Feb 6 th	31km	29km	1.6	0.25 (250m)

DAILY LOADING + PACING TOTALS INCLUDING WARMUP/COOLDOWN

	MON 16/1	WED 18/1	FRI 20/1	
Jan-16	9km + 300m + 50m	10km* + 300m	10km + 1200m + 200m	
	TUES 24/1	THUR 26/11	SAT 28/1	SUN 29/1
Jan-23	7km + 450m + 50m	7km + 150m	10km + 1200m + 200m	5km
	TUES 31/1	THUR 2/2	SAT 4/2	SUN 5/2
Jan-30	6km + 300m	8km + 300m + 50m	5km	10km + 1200m + 200m
	TUES 7/2	THUR 9/2	SAT 11/2	SUN 12/2
Feb-6	8km	6km + 400m + 50m	10km + 1200m + 200m	5km

* = YOU MAY CHOOSE TO OFFSET UP TO 5KM OF WED 18/1 LSR TO COMPLETE ON SAT 21/1 (NO LATER)