

# OFF-SEASON PROGRAM 2022-23

## KEY SPEED/PACE GLOSSARY

10-12 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 5

	Weekly Total (Mon-Sun)	10-12 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
Feb 13 <sup>th</sup>	31km	29km	≥ 1.8km	0.25+ (250m+)
Feb 20 <sup>th</sup>	28km	26km	≥ 1.8km	0.25+ (250m+)
Feb 27 <sup>th</sup>	28km	26km	≥ 1.8km	0.25+ (250m+)
Mar 6 <sup>th</sup>	22km	20km	≥ 1.6km	0.25+ (250m+)

## DAILY LOADING + PACING TOTALS INCLUDING WARMUP/COOLDOWN

	TUES 14/2	THUR 16/2	'GAME' SET	'GAME' +1
Feb 13 <sup>th</sup>	8km + 300m + 50m	8km + 300m	10km + 1200m + 200m	3km
	GAME SIM -4/5	GAME SIM -2/3	THUR/FRI/SAT	GAME SIM +1
Feb 20 <sup>th</sup> *	8km + 300m + 75m	6-7km+ 500m + 75m	GAME SIM *	3-5km
	PRAC GAME -4/5	PRAC GAME -2/3	THUR/FRI/SAT	PRAC GAME +1
Feb 27 <sup>th</sup> *	6km + 300m	8km + 300m + 50m	PRAC GAME *	3-5km
	PRAC GAME +3	PRAC GAME +5	'BYE' WEEKEND	
Mar 6 <sup>th</sup>	8km	6km+ 400m+ 50m	6km + 1200m + 200m	

\* = ESTIMATE 4x ¼ OF PRAC GAME = 8-10KM LSR / 800-1200M GUT RUN / 50-100M HSR  
THIS LEAVES 16-18KM LSR / 600-800M GUT RUN / 150-200M HSR TO HIT WEEKLY TOTALS

WE WILL KNOW MORE ONCE WE COLLECT MORE DATA FROM 4-UMP SYSTEM