

# OFF-SEASON PROGRAM 2023-24

## 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

### BLOCK 2 – MAIN GROUP

#### WEEKLY LOADING

	Week 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
Nov-06	22-23km	22km	0.40	0m
Nov-13	25-26km	24km	0.60	100m
Nov-20	26-27km	26km	0.80	140m
Nov-27	25-26km	24km	1.00	180m

#### DAILY LOADING + PACING TOTALS INCLUDING WARMUP/COOLDOWN

	TUES	THUR	SAT	SUN
Nov-06	6km + 400m	8km	6km	2km
Nov-13	6km + 300m + 80m	8km	6km + 300m + 20m	2km
Nov-20	8km + 400m + 80m	8km	6km + 400m + 60m	4km
Nov-27	6km + 600m + 100m	8km	6km + 400m + 80m	4km

GUIDELINE FOR THOSE WHO WANT DAILY TARGETS – BUT YOU CAN MANIPULATE AS NEEDED

EXAMPLE: 8KM COULD BE DONE IN ANY NUMBER OF WAYS WHICH YOU ARE FREE TO CREATE

1KM W/UP LSR + 6KM LSR + 1KM W/DOWN LSR

OR

1KM W/UP LSR + 2x 3KM LSR w 3' REST B/W + 1KM W/DOWN LSR

OR

1KM W/UP LSR + 4KM LSR + 5' REST + 2KM LSR + 2' REST + 1KM W/DOWN LSR

YOU GET THE IDEA AND UP TO YOU HOW YOU CHOOSE TO DISTRIBUTE SESSION TOTAL PROVIDED EACH SESSION STARTS AND ENDS WITH 1KM W/UP LSR AND 1KM W/DOWN LSR

WHEN IT COMES TO THE **GUT RUN** COMPONENT USE THE FOLLOWING:

- 50M INTERVALS
- COMPLETE <10"
- MAXIMUM OF 4X REPS (200M) IN ONE SET AND 20" REST B/W EACH INTERVAL REP

WHEN IT COMES TO THE **HSR** COMPONENT USE THE FOLLOWING:

- 50M INTERVALS INCLUDES 20M BUILD – 20M HOLD SPEED – 10M SLOWDOWN
- REST 45" AFTER EACH SPEED REP

E.G.

TUES NOV 14TH = 6km + 400m + 80m

1km LSR Warmup

+

2km LSR w 4x [ 50m of Gut Run w 30" b/w reps] + 2x [ 20m HSR efforts w 45" rest b/w ea.]

+

2km LSR w 4x [ 50m of Gut Run w 30" b/w reps] + 2x [ 20m HSR efforts w 45" rest b/w ea.]

+

1km LSR Warmdown

**OR**

1km LSR Warmup

+

4x [500m LSR w 2x 50m of Gut Run +1x 20m HSR effort w 45" rest]

+

2km LSR

+

1km LSR Warmdown

EACH ACHIEVES SAME 6KM LSR, 400M GUT RUN, 80M HSR WHILST ADHERING TO 'RULES'

YOU CAN MIX N MATCH AS TO WHAT SUITS YOUR PREFERENCE, TIMING, ENVIRONMENT BUT...

## GUT RUN

- 50M INTERVALS IN <10"
- MAXIMUM OF 4X REPS (200M) IN ONE SET AND 20" REST B/W EACH INTERVAL REP

## HSR

- 50M INTERVALS INCLUDES 20M BUILD – 20M HOLD SPEED – 10M SLOWDOWN
- REST 45" AFTER EACH REP