

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 3 – 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
Dec-04	27-28km	26km	1.20	200m
Dec-11	27-28km	26km	1.40	200m
Dec-18	26-27km	25km	1.60	250m
Dec-25	19-20km	18km	1.80	0m

DAILY LOADING + PACING TOTALS INCLUDING WARMUP/COOLDOWN

	TUES	THUR	SAT	SUN
Dec-04	7km + 600m + 100m	8km	7km + 600m + 100m	4km
Dec-11	7km + 800m + 100m	8km	7km + 600m + 100m	4km
Dec-18	6km + 1000m + 150m	8km	7km + 600m + 100m	4km
Dec-25	6km + 600m	6km + 600m	6km + 600m	-

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 6X REPS (300M) IN ONE SET AND 20" REST B/W EACH INTERVAL REP

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

- 50M INTERVALS INCLUDES 15M BUILD – 20M HOLD SPEED – 10M SLOWDOWN
- REST 45" AFTER EACH SPEED REP

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

GUT RUN

- 50M INTERVALS IN <10"
- MAXIMUM OF 6X REPS (300M) IN ONE SET AND 20" REST B/W EACH INTERVAL REP

HSR

- 50M INTERVALS INCLUDES 15M BUILD – 20M HOLD SPEED – 10M SLOWDOWN
- REST 45" AFTER EACH REP