# 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 – Modified 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 | 23-24km | 22km | *1.20* | *200m* |
| Dec-11 | 23-24km | 22km | *1.40* | *200m* |
| Dec-18 | 23-24km | 22km | *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 | - |
| Dec-11 | 7km + 800m + 100m | 8km | 7km + 600m + 100m | - |
| Dec-18 | 6km + 1000m + 150m | 8km | 8km + 600m + 100m | - |
| 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 <u>6X</u> 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 – <u>20M HOLD SPEED</u> – 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 – <u>20M HOLD SPEED</u> – 10M SLOWDOWN
- REST 45" AFTER EACH REP