

# 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 4 – 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
Jan-01	20-21km	18km	1.80	80m
Jan-08	27-28km	25km	1.80	200m
Jan-15	27-28km	25km	2.00	250m
Jan-22	27-28km	25km	2.00	250m

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

	TUES	THUR	SAT	SUN
Jan-01	6km + 600m + 40m	6km + 600m	6km + 600m + 40m	-
Jan-08	6km + 800m + 100m	8km	7km + 1000m + 100m	4km
Jan-15	6km + 800m + 150m	8km	7km + 1200m + 100m	4km
Jan-22	6km + 800m + 150m	8km	7km + 1200m + 100m	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 **8X REPS (400M)** 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 – 15M SLOWDOWN
- REST 45" AFTER EACH SPEED REP
- MAXIMUM OF **3X REPS (60M OF HSR)** IN ONE SET AND MUST HAVE 45" AFTER EACH REP

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

GUT RUN

- 50M INTERVALS IN <10"
- MAXIMUM OF **8X REPS (400M)** 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
- MAXIMUM OF **3X REPS (60M OF HSR)** IN ONE SET AND MUST HAVE 45" AFTER EACH REP

**WEEKS OF JAN 15<sup>TH</sup>/22<sup>ND</sup> ARE THE SUMMIT OF YOUR PRESEASON LOADING PHASE**

- **THERE WILL BE NO HIGHER LOADING WEEKS MOVING FORWARD**
- **THIS IS FINAL STAGE OF OUR PRESEASON PREP**
- **WITHIN THE NEXT BLOCK YOU WILL SWITCH TO INSEASON PHASE**