

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 5 – 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 |
|--------|------------------------------|----------------------------|-----------------------------|-----------------------------|
| Jan-29 | 23-24km | 20km | 1.80 | 250m |
| Feb-05 | 23-24km | 20km | 1.80 | 250m |
| Feb-12 | INSEASON PHASE BEGINS | | | |

DAILY LOADING + PACING TOTALS INCLUDING WARMUP/COOLDOWN

| | TUES | THUR | SAT | SUN |
|--------|------------------------------|------|-----------------------|-----|
| Jan-29 | 6km + 800m + 150m | 8km | 6km + 1200m + 100m | - |
| Feb-05 | 6km + 800m + 150m | 8km | 6km + 1200m + 100m | - |
| Feb-12 | INSEASON PHASE BEGINS | | | |

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

- AT THE CONCLUSION OF THIS PHASE WE SHALL SWITCH TO INSEASON PHASE