

PRE-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

WEEKLY AFL LOADS TARGETS

20-23KM LSR

>1500M GUT RUN

>150M HSR

BLOCK 6

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 |
|--------|------------|----------------------------|-----------------------------|-----------------------------|
| Feb-12 | 25-27km | 20-23km | 1500m – 2000m | >150m |
| Feb-19 | 25-27km | 20-23km | 1500m – 2000m | >150m |
| Feb-26 | 25-27km | 20-23km | 1500m – 2000m | >150m |

MATCH SIM + PRAC GAMES ARE 'MAIN' SESSION TO BASE LOADS AROUND
AVERAGE AFL 4-UMP GAME = 5.8KM LSR, 800M GUT RUN, 80M HSR

VS

AVERAGE AFL 3-UMP GAME = 8.6KM LSR, 1500M GUT RUN, 130M HSR

TIPS BASED OFF SETTING UP WEEK BASED OFF YOUR MATCH-SIM OR PRAC GAME

IF EARLY (MON-TUES) GAME THEN PLENTY OF TIME TO TAILOR REST OF WEEK BASED OFF DATA

IF MID (WED/THUR) THEN GET SOME SOLID LSR AND 200-300M OF GUT EARLY IN WEEK

IF LATE (FRI/SAT/SUN) THEN 10-15KM LSR + 500M GUT + 50-100M HSR EARLY IN WEEK