

# 2023 Swan Valley Football Club Preseason Running Program

TJA - Coby Freeman



This program is designed to be started before preseason intensity is increased or even begins. The earlier this program is used, the better the results will be and the more these benefits will influence the player.

**Programs benefits:**

- Ease into preseason
- Build foundational cardiovascular endurance
- Reduce risk of injuries preseason

**How to use program:**

1. Run 1km, push yourself to run the 1km as fast as possible. This can be a mixture of jogging and walking (if needed)
2. Use the guide to discover what program you fall into and use that program
3. Start from week 1 (no matter what week of preseason you start)
4. Use the pace as a bare minimum, try not to go slower than suggested pace. Try to get a better pace each time.
5. Continue progressing through this program until the first week of February 2023. Preseason will begin to increase around this time. If the program doesn't seem challenging, change to a harder program.

**Download STRAVA:**

This app is the best way to track your progress whilst running.

**1km run test:**

In your first week of the program run the 1km two times (with at least 1 day rest in between), find your best time and choose your category:

<b>1km completion time</b>	<b>Program</b>
4:15 minutes or less	A
4:15 minutes to 8:00 minutes	B
8:00 minutes or more	C

**Program A**

<b>Week</b>	<b>Day</b>	<b>Distance</b>	<b>Pace Goal (min/km)</b>	<b>Extra info</b>
1	1	1km	4:30	
	2	40m runs		40m x 10 seconds to make distance x 10 seconds rest x 10 minutes total (repeat twice)
2	1	2km	4:30	
	2	1km	4:45	
	3	50m runs		50m x 10 seconds to make distance x 10 seconds rest x 10 minutes total (repeat twice)
3	1	2km	4:30	
	2	80m runs		80m x 15 seconds to make distance x 15 seconds rest x 15 minutes total
	3	2km	4:15	
4	1	3km	4:15	
5	1	80m runs		80m x 15 seconds to make distance x 15 seconds rest x 15 minutes total

**Program B**

<b>Week</b>	<b>Day</b>	<b>Distance</b>	<b>Pace Goal (min/km)</b>	<b>Extra info</b>
1	1	1km	6:00	
	2	40m runs		40m x 15 seconds to make distance x 15 seconds rest x 10 minutes total (repeat twice)
2	1	2km	5:50	
	2	1km	5:45	
	3	40m runs		40m x 15 seconds to make distance x 15 seconds rest x 10 minutes total (repeat twice)
3	1	2km	5:45	
	2	50m runs		50m x 15 seconds to make distance x 15 seconds rest x 15 minutes total
	3	2km	5:30	
4	1	3km	5:45	
5	1	50m runs		50m x 15 seconds to make distance x 15 seconds rest x 15 minutes total

**Program C**

<b>Week</b>	<b>Day</b>	<b>Distance</b>	<b>Pace Goal (min/km)</b>	<b>Extra info</b>
1	1	1km	8:00	
	2	40m runs		40m x 20 seconds to make distance x 20 seconds rest x 10 minutes total (repeat twice)
2	1	2km	8:00	
	2	1km	7:45	
	3	40m runs		40m x 20 seconds to make distance x 20 seconds rest x 10 minutes total (repeat twice)
3	1	2km	7:30	
	2	40m runs		40m x 15 seconds to make distance x 15 seconds rest x 15 minutes total
	3	1km	7:15	
4	1	2km	7:30	
5	1	40m runs		40m x 15 seconds to make distance x 15 seconds rest x 15 minutes total