

SOLO Game Sim 3

Commencing at A solid effort 80% to B then jog to C. Trigger hard to D and then jog to commence at E. Repeat on the opposite side from Point post to point post at 80% Trigger hard (95%) through the Square.

Once you return to A perform 2 Throw ins next to the behind post. Repeat until 30 mins has elapsed. On every 2nd lap add in 10m Backwards trigger from C to the Square and then turn and sprint Forwards to D.

